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| Children's Education and Care Assurance Alert | | |
| 12 January 2021  **Extreme Heat**  Temperatures are forecast in the mid 30’s this week. Please review your extreme heat plan to ensure that you have appropriate strategies in place to keep staff and children safe and well. Please consider the strategies below and recommended information resources when developing and reviewing your plans.  **Tips to stay cool:**   * **Keep hydrated** – make sure staff and children drink plenty of water. * **Plan your day around the heat** – minimise outdoor activities and avoid being outdoors between 11am and 4pm and provide plenty of shade when outside. * **Excursions** – utilise air conditioned transport and venues rather than out door excursions. * **Soak** – provide cool showers, wet flannels/towels or water play to help children to cool down. * **Be cool** – stay indoors and make use of fans or air-conditioners. * **Rest** – make sure children get enough sleep, and can rest if they feel tired. * **Eat fresh** –provide cold foods such as salads or fruit. * **Dress down** – wear light weight clothing and be sun-smart. * **Watch out** – know and be on the lookout for symptoms of heat related illness and exhaustion, including; nausea, dizziness, confusion, staggering, fainting, weakness, headaches, vomiting, heat rash, heat cramps and loss of sweating. * **If staff or children show signs of heat stress call triple zero (000) immediately.**   Visit <https://www.health.act.gov.au/about-our-health-system/population-health/summer-safety> for further information on summer safety and tips on how to beat the heat. Further information can be sourced on the Emergency Services Agency website at: <https://esa.act.gov.au/cbr-be-emergency-ready/extreme-heat> and weather forecasts can be monitored at <http://www.bom.gov.au/>  If you have any concerns or your service is unable to remain open due to health concerns, please contact CECA on 6207 1114.  For enquires in relation to this notification please call CECA on (02) 6207 1114 or email [CECA@act.gov.au](mailto:CECA@act.gov.au)  This email has been authorised by the ACT Regulatory Authority (CECA). CECA are responsible for administering the National Quality Framework within the ACT | | |

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