

STAY HEALTHY IN THE HEAT

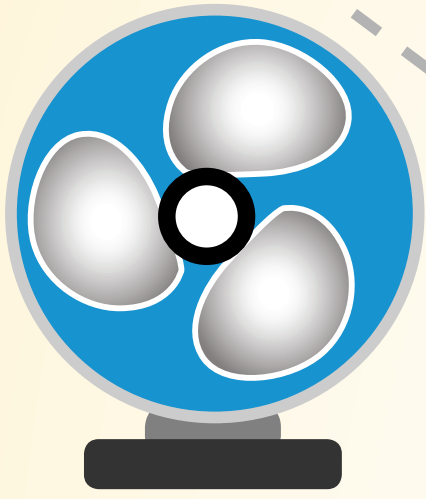
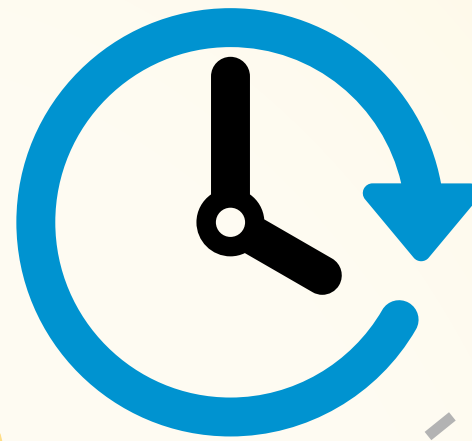
Drink water

Fill a bottle with cold water and take it with you when you're out and about.



Plan your day

Avoid going out in the heat.



Stay cool

Make use of fans or air-conditioners set to cool. Draw your blinds or curtains.

Help others

Check on friends, family and neighbours most at risk like the sick, elderly and young.



Dress down

Wear lightweight, long sleeved, light coloured, loose fitting clothes made from natural fibres, like cotton or linen.



Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

Hot cars can be deadly

Don't leave children or animals in cars. The temperature inside parked cars can double within minutes.



- > Know the signs and symptoms of heat related illness
- > See your GP if you are unwell
- > In an emergency call 000



To learn more visit:
www.sahealth.sa.gov.au/healthyintheheat



Government of South Australia
SA Health