If you feel unwell because of the heat, it is important that you stop what you are doing and lie down in a cool, air-conditioned room. If your symptoms continue, speak with your General Practitioner, obstetrician, midwife or the maternity unit where you plan to give birth for specific medical advice.

During pregnancy, most women have higher body temperatures, making them more sensitive to heat in hot weather. For this reason, pregnant women need to take extra steps to make sure they and their unborn babies do not overheat.

If you feel unwell because of the heat, it is important that you stop what you are doing and lie down in a cool, air-conditioned room.

Lying and sleeping on your left side will mean that more blood and nutrients will reach the placenta and your baby.

If your symptoms continue, speak with your General Practitioner, obstetrician, midwife or the maternity unit where you plan to give birth for specific medical advice.

In a medical emergency, always call triple zero (000) for an ambulance.