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.

Hot cars can be deadly
Don’t leave children or animals in cars. The temperature inside parked cars can double within minutes.

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.

> 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