Protect your health in
THE HEAT

Keep hydrated

Stay cool with a fan or air-conditioner

Avoid going outside during the hottest part of the day

Cool off with a shower or bath

Don’t leave kids or pets alone in the car

Wear clothes that are lightweight, light coloured and loose fitting

Look out for family and friends

Know the signs and symptoms of heat-related illness.

If you feel unwell, speak to a doctor.

In a medical emergency, always call triple zero (000) for an ambulance or go straight to an emergency department.

sahealth.sa.gov.au/healthyintheheat

Government of South Australia
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