Stay healthy when it is hot

- Check the weather forecast so you know when the weather will be hot
- Drink lots of water
- Use a fan or air-conditioner (set to ‘cool’)
- Cool down with a shower or bath
- Avoid going outside when it is very hot
- If you go outside, wear loose-fitting, light-coloured clothing. Wear a hat and sunscreen (SPF30+). Reapply sunscreen every 2 hours.
- Keep curtains, blinds and windows closed during the day to keep your home cool
- Open windows at night to let cool air in (if it is safe)
- Check on family, friends and older people
- Avoid taking babies or young children outside when it is very hot
- Never leave children or pets in a parked car
- Avoid using baby carriers and slings when it is very hot, because babies may get too hot
- If you feel unwell, speak to your pharmacist or doctor

If you or someone you know are very sick, go to a hospital or call 000 for an ambulance

For more information: