

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

www.sahealth.sa.gov.au/healthyintheheat

Public I1-A1



This document has been reviewed and endorsed by SQCAG* for consumers and the community November 2018

© Department for Health and Wellbeing, Government of South Australia.
All rights reserved. FIS: 18104.6. November 2018.



<https://creativecommons.org/licenses>



Government
of South Australia

SA Health