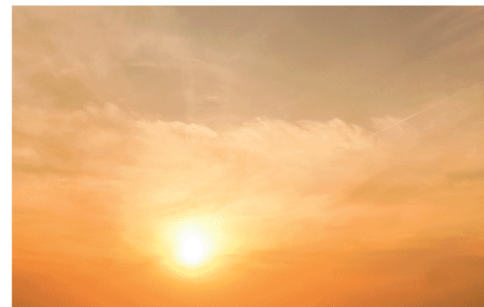


grml pYx dy vyly ishqmMd rho

- > sMBwivq mOsm bwry jwxkwrl v`l iDAwn r`Ko qW jo quhwnUM pqw rhy ik mOsm kdoN grm hovygw
- > bhug swrw pwxl pIE
- > p~Ky jW eyAr-kMfISnr dw iesqymwl kro ('TMfy' qy lgw ky)
- > Swvr IY ky jW ieSnwn kr ky TMfk hwsI kro
- > j`d bhug izAwdw grml hovy qW bwhr jwx qoN prhyz kro
- > jy qusIN bwhr jwauNdy ho, qW iF~II iPitMg dy Aqy hlky rMg dy kpVy pwE[koel topl pw IE Aqy snskRIn (AYs.pl.AYP.50+) lgw IE[hr 2 GMitAW bwAd snskRIn dubwrw lgwE[
- > Awpxy Gr nUM TMfw r`Kx dy lel idn dy vyly prdy, blweINfz Aqy iKVkiAW nUM bMd hl r`Ko
- > rwq dy vyly iKVkiAW nUM Kol idau qW jo TMfl hvw AMdr Aw sky (jy ieh krnw sur`iKAq hovy qW)
- > pirvwr dy jIAW, dosqW Aqy buzurgW dy v`l iDAwn r`Ko
- > ijs vyly bhug izAwdw grml hovy qW aus vyly nvjqw jW Coty b`icAW nUM bwhr IY jwx dw prhyz kro
- > kdy vl b`icAW jW pwlqU jwnvrW nUM pwrk (KVI) klql gel g`fl AMdr nw C`fo
- > b`icAW nUM ikxy slt iv`c bTww ky (baby carriers Aqy slings) jW bMnH ky IY jwx qoN prhyz kro ikauNkl b`cy ies dy nwl bhug hl izAwdw q`qy pY skdy hn
- > jy qusIN ibmwr mihsUs kr rhy ho qW Awpxy Pwrmwisst jW fwktr dy nwl g`l kro



jy qusIN jw koel ivAkql ijs nUM qusIN jwxdy ho, bhug izAwdw ibmwr mihsUs kr rhy ho, qW ikxy hspqwl jwE jW 000 qy sMprk kr ky



vDyrl jwxkwrl dy lel:

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