

Staying healthy in the heat

health

**Hot weather can make you very sick
so remember to...**



Look after yourself

Talk to others. Ask for help if you need it.



Drink lots of water

Check with your doctor about how much water to drink when it is very hot.



Keep cool

Stay in a cool, air-conditioned place like your house or a shopping centre.



Keep out of the sun

Stay in the shade. Wear a hat.
Wear loose clothing that is light in colour.

**If you feel sick when it is hot you can phone
NURSE-ON-CALL on 1300 60 60 24
or in an emergency an ambulance on 000**