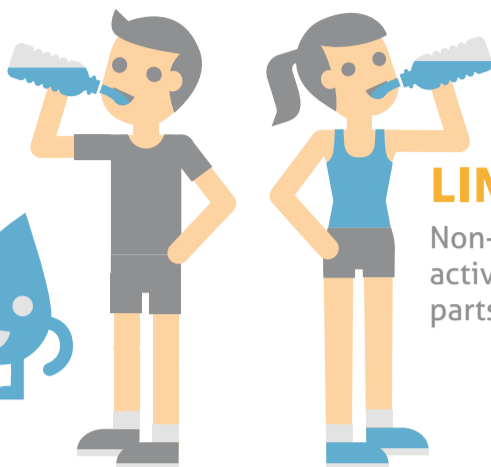


# TIPS TO BEAT THE HEAT!

## KEEP HYDRATED

DRINK MORE WATER



## LIMIT

Non-essential strenuous activity during the hottest parts of the day.

## AVOID

Alcohol and caffeine as they can make dehydration worse.



## SOAK

Take a cool shower or bath to help you cool down.



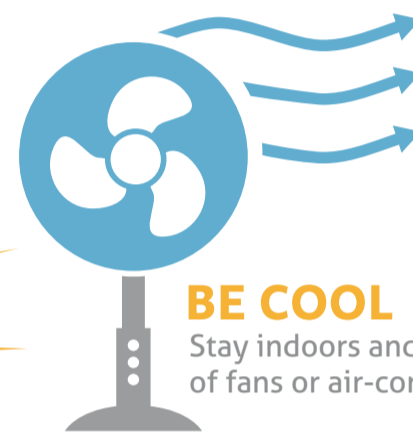
## REST

Make sure you get enough sleep, and rest if you feel tired.



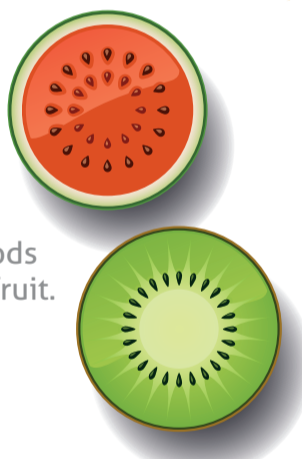
## BE COOL

Stay indoors and make use of fans or air-conditioners.



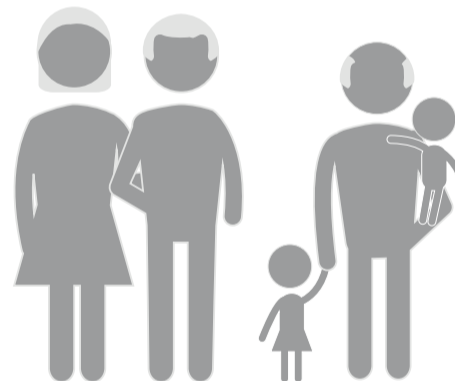
## EAT FRESH

Try eating cold foods such as salads or fruit.



## CHECK ON OTHERS

Including children, elderly, people with medical conditions and don't forget your pets!



## SEEK SHADE

When outside.



## DRESS DOWN

Wear light weight clothing and be sun-smart.



# WATCH OUT

Be on the lookout for any symptoms of heat related illness.

See your GP if you are unwell.

In a medical emergency call 000.

For more information on extreme heat please visit

<http://health.act.gov.au/health-services/population-health/summer-safety>

