

# Staying healthy in the heat

health

**Heatwaves can affect anybody. Remember to:**



**Look after yourself and  
keep in touch with others**



**Drink plenty of water**

(If your doctor normally limits your fluids,  
check how much to drink during hot weather.)



**Keep cool**

Spend as much time as possible in cool  
or air-conditioned buildings.



**Stay out of the sun**

If you must be outdoors, stay in the shade  
and wear a hat and light, loose-fitting clothing.

**If you feel unwell in the heat contact your GP  
or phone NURSE-ON-CALL on 1300 60 60 24**

**For life-threatening emergencies dial 000**