

Extreme heat



Extreme heat can do more than give you sunburn.



It can:

- make other health conditions worse
- give you heatstroke.



Heatstroke is when your body:

- gets too hot and
- can't cool down.



Getting ready early helps protect you and others.

What you can do



You can:

- use air conditioners and fans
- wear light weight clothing
- keep drinking water on hot days.



You can stay in touch with the people around you – like family and neighbours.



You can check the weather on the Bureau of Meteorology website or app.



You can find out more on the Victorian Department of Health website.

www.betterhealth.vic.gov.au/extreme-heat

You can also scan the QR code.

