

# SURVIVE THE HEAT

Heat kills more Australians than any other natural disaster



## DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



## HOT CARS KILL

Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.



## KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



## PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



## CHECK IN ON OTHERS

Look after those most at risk in the heat – your neighbour living alone, older people, the young, people with a medical condition and don't forget your pets.

**SURVIVE THE HEAT**  
Visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

For more information visit the Better Health Channel.  
Call NURSE-ON-CALL on 1300 60 60 24  
or see your doctor if you are unwell.  
In an emergency, call 000.

