

BEAT THE HEAT

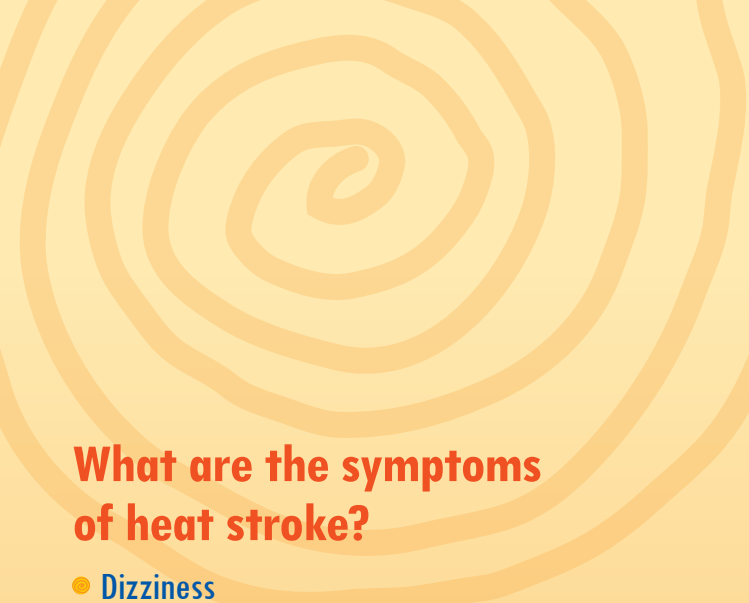
Health tips for a safe season

- Drink plenty of water
- Plan your day around the heat — avoid being outdoors between 11am and 5pm
- Minimise physical activity
- Avoid alcoholic, hot or sugary drinks
- Check on elderly friends, neighbours and relatives, especially if they live alone
- Wear light coloured, loose fitting clothes made from natural fibres like cotton
- Take cool showers or baths
- Cool your house by shading windows, shutting curtains and, if it's safe to do so, opening windows at night to let in cool air
- If you have an air-conditioner, make sure it is working before you need it
- If you don't have air-conditioning, spend time in a cool place like a library, shopping centre or cinema. Try to go early, so you're not outside in the middle of the day

For more information about staying healthy in the heat go to www.health.nsw.gov.au



Health



What are the symptoms of heat stroke?

- Dizziness
- Intense thirst
- Confusion and poor coordination
- Headache
- Dry skin
- Nausea or vomiting
- Collapse
- Loss of consciousness

If a person develops these symptoms:

- Move them to a cool place
- Cool them down by sponging with cold water
- If they're conscious, encourage them to drink water
- Call triple zero (000) and ask for an ambulance

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