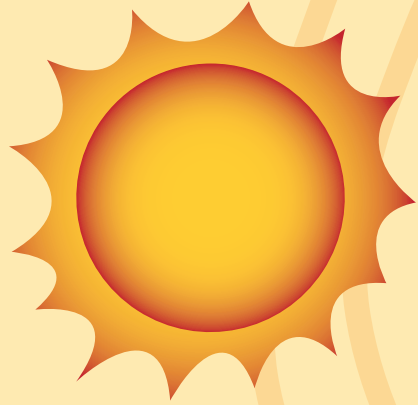


EXTREME HEAT



causes more deaths than:



Floods



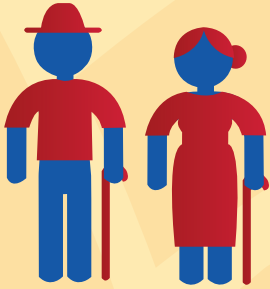
Fires



Storms

WHO IS MOST AT RISK?

- People over 75
- Babies and children
- People with existing medical conditions
- People who live alone
- People who work outdoors



TIPS TO STAY HEALTHY

If you care for, support or assist any of these groups, a booklet with tips and ideas on how to keep someone healthy during hot weather is now available in Arabic, Chinese, Korean, Italian, Vietnamese and English.

Download your free copy from the NSW Ministry of Health website: www.health.nsw.gov.au. The translated versions are available through the Multicultural Health Communication Service website: www.mhcs.health.nsw.gov.au.

For a hardcopy, please contact the Better Health Centre - Publications Warehouse

PO Box 672
North Ryde, NSW 2113
Tel: (02) 9887 5450
Fax: (02) 9887 5452

