

Tips to beat the heat



Stay in touch

- > Look after yourself and keep in touch with others



Keep cool

- > Keep windows, blinds and curtains closed to reduce excess heat during the day
- > Take a cool shower or bath or soak your feet in cool water
- > Splash yourself several times a day with cold water, especially your face and the back of your neck. A loose, cotton, damp cloth or scarf on the back of the neck can also help you stay cool
- > Make use of fans or air-conditioners at home. Spend as much time as possible in cool or air-conditioned buildings such as a shopping centre or library



Rest

- > Make sure you get enough sleep and rest if you feel tired



Look after your pets

- > Ensure there is water inside and out and plenty of shade in the backyard
- > On very hot days consider allowing your pet to stay inside



Drink plenty of water

- > Drink water regularly, even if you do not feel thirsty. If your doctor normally limits your fluids, check how much to drink during hot weather
- > Take plenty of water with you when you are out and about



Avoid hot food & drinks

- > Avoid alcohol, tea, coffee and hot spicy and salty foods, as they can make dehydration worse
- > Try eating more cold foods like salads and fruit. They contain water and are refreshing



Stay out of the sun

- > Stay indoors or in the shade from 11am-3pm
- > Keep exercise or gardening to the early morning or late evening
- > If you must be outdoors, stay in the shade and wear a hat and/or take an umbrella with you
- > Wear loose, lightweight clothing made from natural fibres, like cotton or linen
- > Never leave pets or anybody locked in a car



Feeling unwell?

- > If you feel unwell in the heat contact your GP or call NURSE-ON-CALL on 1300 60 60 24.
- > For life-threatening emergencies, call 000.

