

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, adults or pets in hot 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.



HELP OTHERS

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

SURVIVE THE HEAT
Visit 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.

