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.

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.