

TIPS TO BEAT THE HEAT!



ACT
Government

ACT Health

KEEP HYDRATED

DRINK MORE WATER



LIMIT

Non-essential strenuous activity during the hottest parts of the day.



SOAK

Take a cool shower or bath to help you cool down.



AVOID

Alcohol and caffeine as they can make dehydration worse.



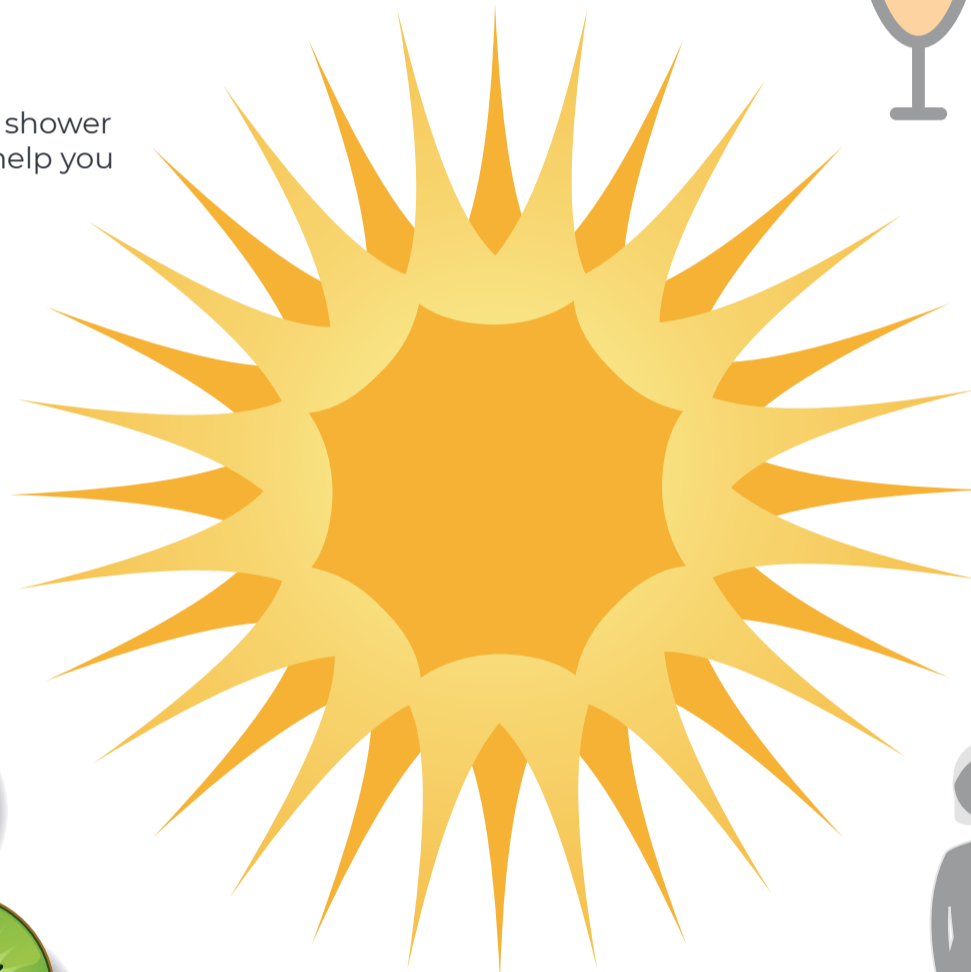
REST

Make sure you get enough sleep, and rest if you feel tired.



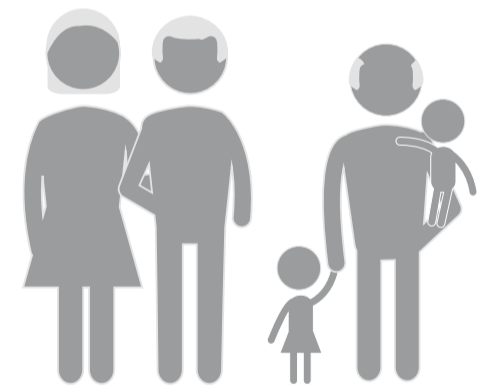
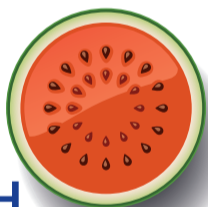
BE COOL

Stay indoors and make use of fans or air-conditioners.



EAT FRESH

Try eating cold foods such as salads or fruit.



CHECK ON OTHERS

Including children, the elderly, people with medical conditions and don't forget your pets!



SEEK SHADE

When outside.



DRESS DOWN

Wear light weight clothing and be sun-smart.

WATCH OUT

Know and be on the lookout for symptoms of heat related illness.

See your GP if you are unwell.

In a medical emergency call 000.

For more information on extreme heat, visit:

health.act.gov.au/about-our-health-system/population-health/summer-safety