



Hot weather can be dangerous

Everyone can be affected by hot weather

- Avoid being outdoors in the hottest part of the day as much as possible. If you have to go outside, seek shade or shelter.
- Keep your home cool by closing curtains and blinds to block out the sun and using fans or air conditioning.
- Limit physical activity, like housework or exercise, to early in the morning when it is cooler.
- Drink water throughout the day even if you don't feel thirsty and carry a bottle of water when going outside.
- Offer babies under 6 months more frequent milk feeds.
- For older children, offer water frequently to help them stay hydrated.
- Never leave babies or children alone in the car.
- Talk to your doctor about how to manage your health in the heat if you have a chronic illness, are on regular medication, or have a limit on your fluid intake.
- Keep in touch with your family and friends.

For more tips: health.nsw.gov.au/beattheheat

