

# BEAT THE HEAT

*Health tips for a safe season*

- Drink plenty of water
- Check on elderly friends, neighbours and relatives, especially if they live alone
- Plan your day around the heat – avoid being outdoors between 11am and 5pm
- Avoid alcoholic, hot or sugary drinks

*Enjoy your summer*

For more information about staying healthy  
in the heat go to [www.health.nsw.gov.au](http://www.health.nsw.gov.au)



Health