



Look after yourself in the heat

As temperatures rise, it's important we care for ourselves and each other in the heat.

Plan ahead

Check the forecast, pack enough water and food, use a chiller bag and know where you can get help.

Stay hydrated

Drink water. Avoid sugary, hot, caffeinated, energy or alcoholic drinks that can dehydrate you.

Look out for others

Check in with people who may struggle in the heat, and ask how you can help. Babies, children and older people are more at risk of dehydration.

Stay out of the sun

Be SunSmart (slip, slop, slap and wrap). Stay in shade. Avoid extreme physical activity in the middle of the day.

Keep your space cool

Open windows when it is cooler. Draw the blinds or curtains. Use a fan if temperature is below 35°C.

Keep yourself cool

Rest and take breaks. Remove excess clothing. Spray water or apply cool wet cloths or towels to your skin.