TIPS TO BEAT THE HEAT!



LIMIT

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



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



AVOID

Alcohol, tea, coffee and hot and spicy foods. They can make dehydration worse.



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





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



Try eating cold foods such as salads or fruit.







CHECK ON OTHERS

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



Wear light weight clothing and be sun-smart.



Be on the lookout for any symptoms of heat related illness. See your GP if you are unwell. In a medical emergency call 000.

