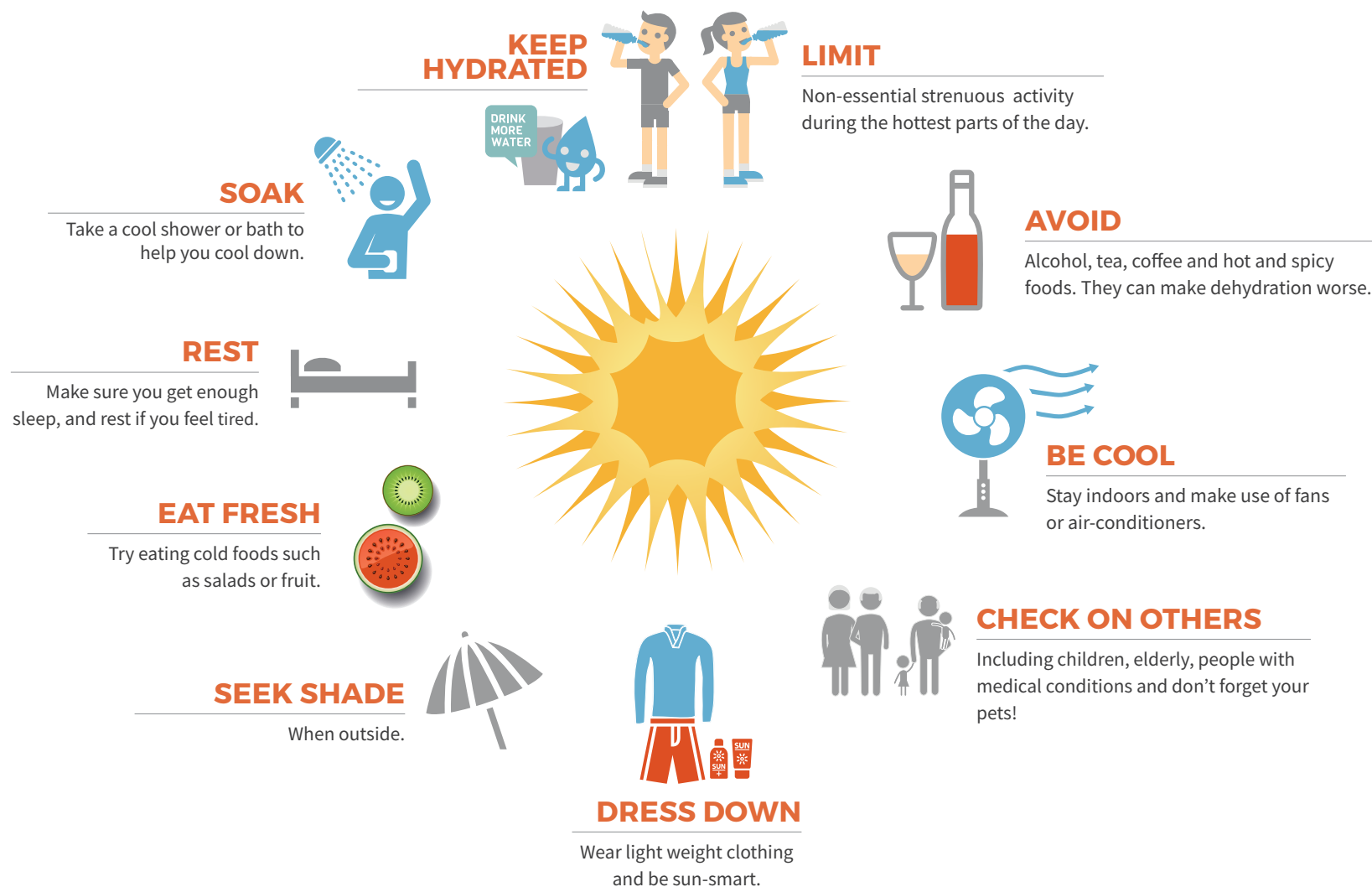


# TIPS TO BEAT THE HEAT!



## WATCH OUT

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