

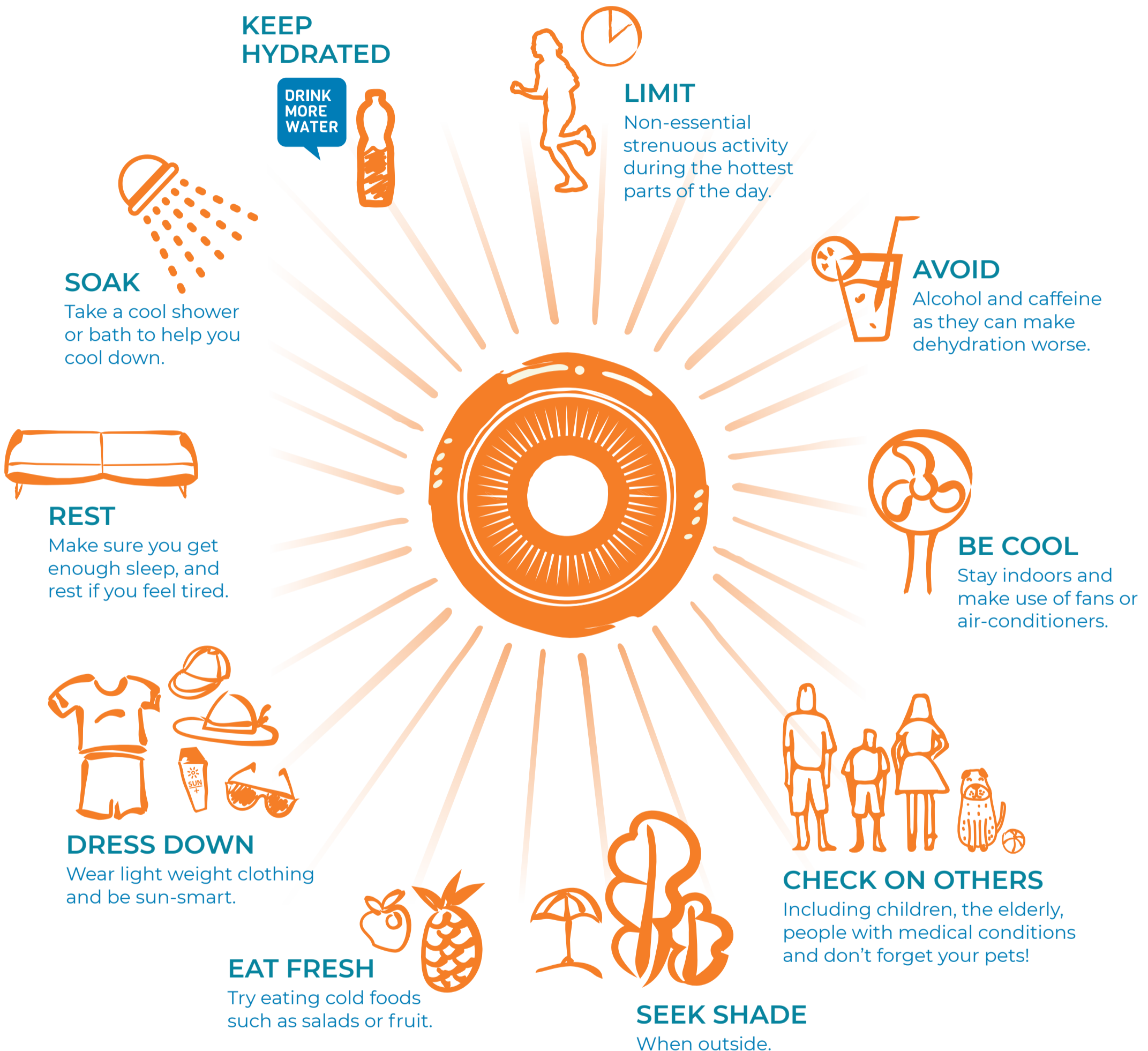
# BEAT THE HEAT

THIS SUMMER



ACT  
Government

ACT Health



## WATCH OUT

Be aware of heat related symptoms, including nausea, fainting, dizziness, headache, and vomiting

See your GP if you are unwell

In a medical emergency call 000

For more information on extreme heat, visit:  
[www.health.act.gov.au/summersafety](http://www.health.act.gov.au/summersafety)