

Beat the Heat

Heatwaves or long periods of extreme heat can have serious impacts on your health. They are a major cause of health problems every summer in Australia.

**You can Beat the Heat
by following four easy steps**



DRINK PLENTY OF WATER

and avoid alcoholic, hot or sugary drinks

KEEP COOL

do less and avoid being outside during the hottest part of the day



CHECK ON

elderly friends, neighbours and relatives, especially if they live alone



HAVE A PLAN

for how to stay cool when it heats up



Know the early signs of heat related illness

- dizziness, fainting
- tiredness
- thirst
- bright or dark yellow urine

Take steps to prevent it reaching dangerous levels. Move somewhere **cool** and **drink water**. If you start to feel unwell, seek medical advice.

**Learn more about how to Beat the Heat this summer at
www.health.nsw.gov.au/environment/beattheheat**



Hunter & Central Coast
Regional Environmental
Management Strategy



NSW
GOVERNMENT | Health

the
POWER of
humanity

