

Beat the Heat

Heatwaves or long periods of extreme heat can have serious health impacts. Babies and young children are among those most at risk. Is your family prepared?

Your family can Beat the Heat
this summer 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



Things to remember

- Babies and children overheat and dehydrate quickly in hot weather
- Offer older babies and children extra drinks in hot weather the best drink is water
- Breastfeed or bottle-feed your baby more often in hot weather
- If you are breastfeeding your baby, make sure you also drink plenty of water
- Dress babies and children in cool clothing and protect them from the sun with hats and sunscreen
- Never leave children or pets in the car, not even for a moment.

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



Hunter & Central Coast
Regional Environmental
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