

Beat the Heat

Heatwaves or long periods of extreme heat can have serious impacts on your health. The elderly and people with a disability are among those most at risk.

You 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



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



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