

Beat the Heat

Heatwaves or long periods of extreme heat can have serious health impacts. Living in a rural or isolated area can increase your risk.

If you live in a rural or isolated community take steps to Beat the Heat this summer



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

- Make sure animals and livestock have access to food, water and shade
- Have a back up plan in case you lose power or water during a heatwave
- Stock up on food and water beforehand so you don't need to go out in the heat
- Ensure medications are stored in a cool, dark place and ask your doctor about possible effects your medications may have on you during hot weather.

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



Health

the
POWER of
humanity

