

# STAYING COOL THIS SUMMER



## Staying cool at home:

- Drink plenty of water. If you have a medical condition or are on fluid tablets, discuss your fluid intake with your doctor.
- Don't drink too much tea and coffee.
- Keep windows and doors closed to keep the cool air inside.
- Wear lightweight, loose-fitting clothing.
- Stay indoors as much as you can, or try to stay in shaded areas when you are outside.
- If able, have a cold shower to cool your body down. Otherwise, use a damp cloth or splash water over your face and arms.
- Turn on the air conditioner.

## If you become unwell:

- Stop any activity and sit quietly in a cool place.
- Drink cold water to cool your body down.
- Wet the skin with cool water or with wet cloths.
- Seek medical advice, contact your Local GP or Nurse on Call
- 1300 60 60 24.
- Ring an ambulance if you continue to feel unwell.



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