

STAYING COOL THIS SUMMER



Staying cool at home:

- Drink plenty of water.
- 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.
- Have a cool shower to cool your body down.

If you become unwell:

- Stop any activity and sit quietly in a cool place.
- Drink lots of fluids, especially water.
- Wet the skin with cool water or with wet cloths.
- Seek medical advice, contact your local GP or ring an ambulance if you continue to feel unwell.

Places within Council to stay cool:

Swimming pools:

- Carnegie Swim Centre
Koorang Park, Moira Avenue, Carnegie
- Glen Eira Sports and Aquatic Centre
- 200 East Boundary Road, Bentleigh East

Cinema:

- Classic Cinema
9 Gordon Street, Elsternwick

Council libraries:

- Carnegie Library and Community Centre
7 Shepparson Avenue, Carnegie
- Caulfield Library
Glen Eira Town Hall, corner Glen Eira and Hawthorn Roads, Caulfield
- Elsternwick Library
4 Staniland Grove, Elsternwick
- Bentleigh Library
161 Jasper Road, Bentleigh

Senior citizen centres:

- Bentleigh
2 Arthur Street, Bentleigh
- Caulfield
8-10 Cedar Street, Caulfield South
- Bentleigh East
1-3 Derry Street, Bentleigh East
- Moorleigh
92 Bignell Road, Bentleigh East
- Ormond
2 Newham Grove, Ormond

Chadstone Shopping Centre

Westfield Southland Shopping Centre

