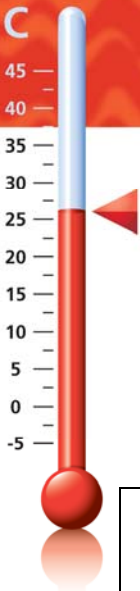


Beat the HEAT



26 DEGREES INSIDE - TIME TO TAKE ACTION!

Keeping Cool during a heatwave

Prolonged periods of excessive heat can seriously damage your health, and in some cases it can be fatal.

If a heatwave is predicated or underway it is recommended that you:

Keep out of the heat

- If a heatwave is forecast plan ahead to try and avoid being out in the heat between 10am and 3pm
- Shade your house with curtains or blinds
- Use a fan or air conditioning
- Keep windows closed if the room is cooler than outside, open them when is warmer inside and for ventilation at night
- If you must go out, stay in the shade, wear a hat, light loose clothing, and sunscreen. Take water with you
- Take cool showers or baths, splash yourself several times a day with cold water
- Use a cool tie or frozen face washers to get your temperature down

Drink regularly

- Drink small amounts of water or fruit juice regularly even if you don't feel thirsty. If your doctor normally limits your fluid intake, or you are on fluid tablets, you may need to check how much to drink whilst the weather is hot.
- Avoid alcohol, tea and coffee, as they can make dehydration worse

Modify your lifestyle

- Eat small meals regularly. Try to eat more cold food, particularly salads and fruit, which contain water
- Slow down
- Wear light-weight, light-coloured cotton clothing
- Avoid strenuous exercise, like sport, DIY or gardening, if you cannot avoid it keep it for cooler parts of the day, like early morning

Help others

- Check on elderly friends and neighbours
- Know the signs and symptoms of heat related illness and how to respond (link to page)
- Remember heat stroke can kill - call 000 if you suspect someone is suffering from heat stroke. Symptoms include confusion, rapid heat rate, hot dry skin, muscle cramps, dizziness, fainting, nausea, vomiting and headaches