

STAY HEALTHY IN THE HEAT.

Extreme temperatures can lead to heat-related illness and deaths.

Drink plenty of water, stay cool and out of the sun and avoid exercise.

Check on vulnerable family, friends and neighbours – especially children and frail or elderly people.

STAY COOL STAY SAFE.

For health concerns, contact your doctor or call
NURSE-ON-CALL on **1300 60 60 24**.

For health information: www.betterhealth.vic.gov.au

visit emergency.vic.gov.au

call **1800 240 667**

download the **FireReady** app

FireReady 