

# Look after each other and stay cool and safe this summer



- ✓ keep hydrated
- ✓ take a cool shower or bath
- ✓ eat fresh, cold foods such as salads and fruits
- ✓ avoid outdoors between 11am and 3pm
- ✓ use fans or air conditioners. If you can, set the temperature to about 23 degrees to save money and reduce energy use
- ✓ get enough good quality sleep
- ✓ be SunSmart with light clothing that covers as much skin as possible, a hat, sunglasses, SPF 30 (or higher) sunscreen and seek shade
- ✓ check the forecast so you know when hot weather is coming
- ✓ talk to your GP to check how your condition or medication might affect your health in the heat

## WATCH OUT

- ⚠ Be aware of heat related symptoms, including nausea, fainting, dizziness, headaches, and vomiting
- ⚠ See your GP if you are unwell
- ⚠ In a medical emergency call 000



**ACT**  
Government

**ACT Health**

**For more information visit:**  
[health.act.gov.au/summersafety](https://health.act.gov.au/summersafety)