

Staying safe and healthy in hot weather



Stay connected



Look after yourself.

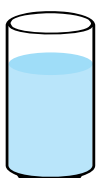
Check on sick or frail friends, neighbours and relatives.



Listen to the news.



Stay hydrated and nourished



Drink plenty of water.

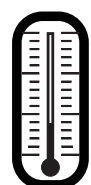
Avoid drinks with alcohol, caffeine and high sugar.



Eat small meals more often.



Stay cool



Keep your body cool.



Find a cool and shady spot.



Wear light, loose cotton clothes.

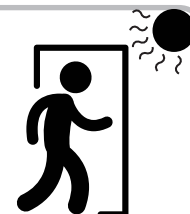


Stay out of the sun from 10 am to 3 pm.

Slow down and take it easy.



Avoid hot, closed spaces.



QH22/1213

For further information call **13 HEALTH (13 43 25 84)** or visit www.health.qld.gov.au/disaster

Contact your nearest public health unit—13 QGOV (13 74 68)