

# Play your part

## Be summer smart

Whether you're in the sun, by the water or on the road this summer, stay cool and stay safe.

**#SUMMERDONERIGHT**



**Ambulance**  
Victoria



# TIPS FOR BEATING THE HEAT THIS SUMMER.



## Stay hydrated

Drink water regularly throughout the day. Have a water bottle with you. Drink alcohol responsibly.



## Check in on others

Keep an eye on older people, those living alone and children.



## Take care around water

Supervise children and keep an eye on friends when swimming and near water. Always swim between the flags at the beach.



## Hot cars can kill

Never leave kids, older people or pets in a parked car.



## Keep cool

Use air conditioning and fans if possible. Protect yourself from the sun and wear a hat and sunscreen. Avoid going out during the hottest part of the day.

## Heatstroke is a life-threatening emergency

If you or someone else is experiencing seizures, confusion or stroke-like symptoms, collapsing or is unconscious, contact Triple Zero (000) immediately.

If you are feeling unwell, call **NURSE-ON-CALL on 1300 60 60 24**, see your doctor or local pharmacist. For more information on staying safe in the heat, visit **[betterhealth.vic.gov.au](https://betterhealth.vic.gov.au)**



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