



**Ambulance**Victoria



# How to stay safe in hot weather

**Ambulance Victoria**



**Easy English**

## Blue words



Some words in this book are **blue**.

We write what the blue words mean.

## Help with this book



You can get someone to help you

- understand this book
  
- find more information.



Contact information is at the end of this book.

## About this book



**Ambulance**Victoria

This book is from Ambulance Victoria.



We help people who

- are in Victoria
- have a **health emergency**.



A health emergency is when someone needs fast medical help.



This book is about how to stay safe in hot weather.

## Stay safe in hot weather



There are lots of fun things to do outside in hot weather.

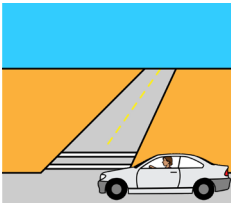


You might be outside

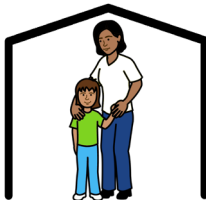
- in the sunshine



- by the water



- on the road.



It is important to keep yourself and others safe in hot weather.

# How to stay safe in hot weather

## 1 Drink water



Make sure your body has enough water to stay healthy.



You can

- drink water in the day time



- have a water bottle with you



- fill up your water bottle when it is empty.



Other drinks can make your body lose water.

For example, too much alcohol.

## 2 Check on other people



You can check other people are safe in hot weather.



For example

- older people



- children

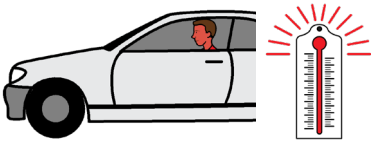


- people with disability.

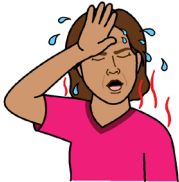


You can also visit people who live alone.

### 3 Do not leave anyone in a hot car



Parked cars get very hot.



Your body can get too hot if you stay in a parked car.



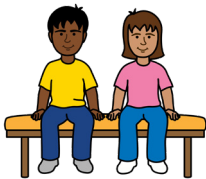
You can

- feel very sick



- die.

It is dangerous for anyone to stay in a hot car.



For example

- children



- older people



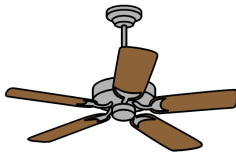
- pets.

## 4 Keep your body cool

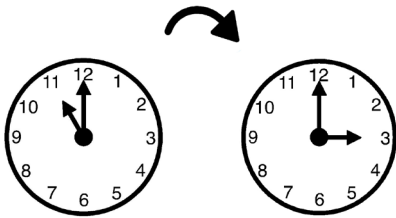


You can

- turn on an air conditioner

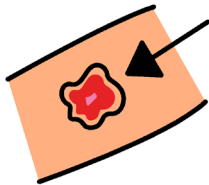


- turn on a fan

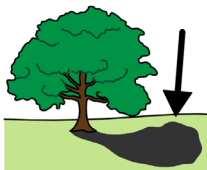


The sun can be very hot in the middle of the day.

For example, between 11 am and 3 pm.



The hot sun can burn your skin when you are outside too long.



You can

- go in the shade



- put on a hat



- put on sunscreen.





You can drink water to stay **hydrated**.

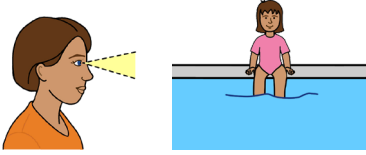
Hydrated means your body has enough water to work well.



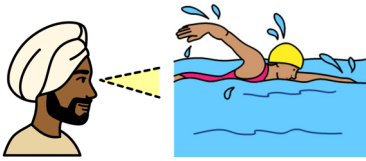
Your body stays cool when you are hydrated.

## 5 Be careful around water

To make sure everyone is safe around water you should



- watch children when they are near water

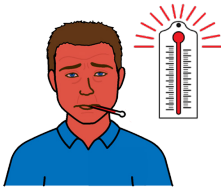


- watch friends when they are swimming



- only swim between the red and yellow flags at the beach.

# What happens if you get heatstroke



**Heatstroke** means your body gets too hot.

If you have heatstroke, you might

- feel confused



- fall down



- become **unconscious**



- have **seizures**.



Unconscious means you cannot wake up and do not know what is happening around you.

Seizures means your body moves fast and shakes by itself.



You can die from heatstroke.

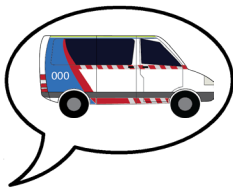
Heatstroke is a health emergency.

## What to do if you or someone else has heatstroke



If you or someone else has a health emergency

- call Triple Zero, 000



- ask for an ambulance.



You can ask for an interpreter if you speak a language other than English.



Call 000



If you or someone needs help to speak or listen use the National Relay Service.



Call 106

The person on the phone will call Triple Zero, 000 with you.

## If you do not have a health emergency but you feel unwell



You can talk to a nurse on the phone for help.



Call 1300 60 60 24

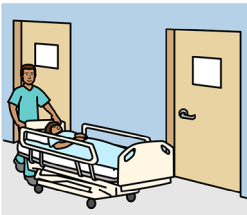


You can

- go to your doctor



- go to your pharmacist



- go to a **priority primary care centre** or **urgent care centre**.

A priority primary care centre or urgent care centre has doctors that can help if you

- have a health emergency

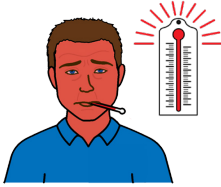
and



- do **not** need an ambulance.



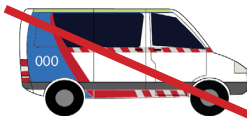
You can go online to contact the  
**Victorian Virtual Emergency Department.**



The Victorian Virtual Emergency Department has doctors and nurses who can help if you

- have a health emergency

and



- do **not** need an ambulance.



Website [vved.org.au](http://vved.org.au)



## More information



**Ambulance**Victoria

For more information contact  
Ambulance Victoria.

You can call Ambulance Victoria general  
enquiries.



Call 1300 366 141



Website [ambulance.vic.gov.au](http://ambulance.vic.gov.au)

## For more information about staying safe in the hot weather



Go to the Better Health website.



Website [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

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