

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.



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

#SUMMERDONERIGHT



AmbulanceVictoria