

Hot tips for keeping cool



Keep the house cool by closing curtains or using sheets over windows



Never leave children or pets alone in cars



Make sure everyone drinks plenty of water



Use a fan with a damp cloth or water mister



Sleep in the coolest part of the house and open windows at night for airflow



Check in on your neighbours and relatives.



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Freeze water and fruit for a cool treat

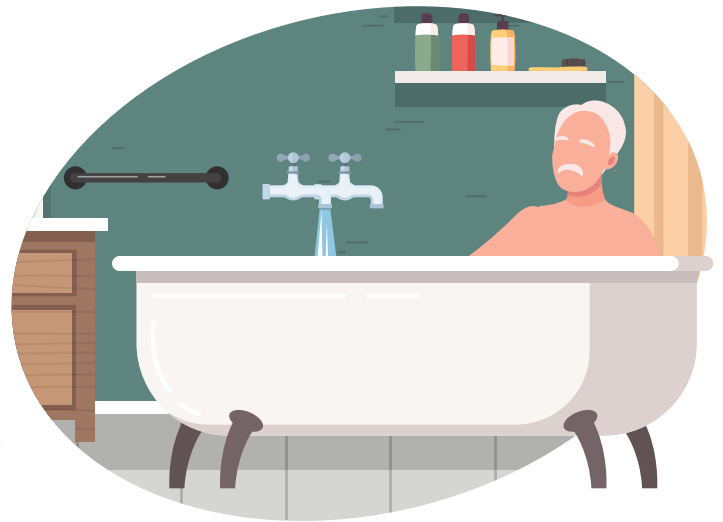


Use your radio or phone for
heatwave and weather warnings

Avoid going outside
during the hottest
part of the day



If you have to be outside, wear a
hat, sunscreen and loose clothing



Have a cool bath or shower, put
your feet in cool water or use a
wet towel to cool down



mornpen.vic.gov.au/beattheheat
abc radio 774
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