

HEATWAVES



DID YOU KNOW THAT HEATWAVES AND HOT WEATHER:

KILL MORE PEOPLE IN AUSTRALIA THAN DISASTERS

ARE DANGEROUS FOR THE ELDERLY, YOUNG AND MEDICAL CONDITIONS

CAN EFFECT OUR PHYSICAL AND MENTAL HEALTH

Three simple steps to keep cool

1

Keep hydrated by drinking water regularly

2

Reduce physical activity during sunlight hours

3

Stay in doors with blinds drawn

Want to know more? Visit :
<https://www.redcross.org.au/emergencies/prepare/heatwaves-and-hot-weather/>

