

TIPS ON HOW TO PREPARE FOR HEATWAVES



Do you know:

Who is more at risk:

i.e. elderly, young children, babies, pregnant women, people with medical conditions

Signs of heat exhaustion & heat stroke:

Heat exhaustion can lead to heat stroke if untreated and is life threatening

Things to do:

1. Stay connected with family & friends
2. Look at ways to keep cool (cold showers, air conditions & fans, light loose clothing)
3. Stay inside & out of the heat (homes, shopping centers, cinemas, local library)
4. Drink plenty of water
5. Know signs of heat exhaustion & heat stroke
6. Seek medical help & **call 000** for heat stroke

