




# Keeping Safe in the Heat

Heatwaves can make existing medical conditions (eg. heart disease, diabetes, kidney disease) worse and cause heat-related illness, which may be fatal. It is important to be aware of the effects of heat on the body and know how to help yourself stay healthy and feeling well during these periods of extreme heat.

## Signs of Heat-Related Illness

If you have these symptoms....	Then do this:
<ul style="list-style-type: none"><li>• Increased heart rate</li><li>• Nausea and vomiting</li><li>• Dizziness and feeling faint</li><li>• Headaches</li><li>• Muscle cramps or spasms</li><li>• Weakness</li><li>• Urinating less often</li></ul> 	<ul style="list-style-type: none"><li>• Drink plenty of fluid; water or rehydration fluid (eg Electral or Hydralyte) is best</li><li>• Apply cool wet cloths to your skin</li><li>• Rest in a cool, well-ventilated area</li><li>• Seek medical advice if your condition does not improve</li></ul>

If you have these symptoms....	Then do this:
<ul style="list-style-type: none"><li>• Seizures</li><li>• Confusion</li><li>• Stroke-like symptoms</li><li>• Reduced level of consciousness</li><li>• Dry, red, hot skin without sweating</li></ul> 	 <b>CALL 111 NOW</b>

## Heatwaves and Medications

All medication should be kept below 25°C or in the refrigerator (read the storage instructions on the packaging). Remove medicines on windowsills or from direct sunlight.

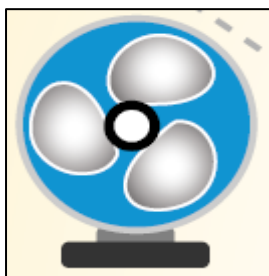
Some medications can increase the risk of heat-related illness. Your prescriber might give you advice to change some of your medication doses.

## Information from your health professional on your medicines in heatwaves:

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For further advice, please contact your doctor, healthcare provider or pharmacist OR for free medical advice 24/7, 365 days a year, please call Healthline on 0800 611 116.

# Staying Healthy in the Heat



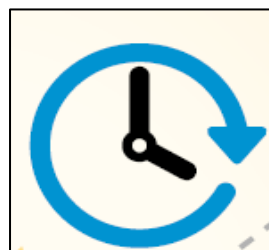
## Stay Cool

- **Make use of fans or air-conditioners set to cool.**
- Draw your blinds or curtains.
- Keep yourself cool by using wet towels, putting your feet in cool water, and taking cool (not cold) showers or baths.



## Drink Water

- **Fill a bottle with cold water and drink frequently throughout the day.**
- Even if you don't feel thirsty, drink water. Some health conditions and medicines can stop you from feeling thirsty.
- If your doctor normally limits your fluids, check how much to drink during hot weather.
- Avoid hot, caffeinated, energy, or alcoholic drinks because they may increase dehydration.



## Plan Your Day

**Avoid going out in the heat.**



## Dress down

- **Wear lightweight, light coloured, loose-fitting clothing** made from natural fibres, like cotton or linen.
- **Be Sun Smart** (Slip, Slop, Slap and wrap)



## Shade

**Wear a hat or take an umbrella with you** for shade if you're outside on a hot day.