NSW Health

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# Hot weather can be
# dangerous

**Everyone can be affected by hot weather.**

There are simple ways to keep cool and stay hydrated in summer.

- Avoid being outdoors in the hottest part of the day as much as possible. If you have to go outside, seek shade or shelter.

- Keep your home cool by closing curtains and blinds to block out the sun and using air conditioning or fans.

- Limit physical activity, like housework or exercise, to early in the morning when temperatures are lower.

- Drink water regularly even if you don't feel thirsty.

- Take water with you if going outside.

- Keep in touch with family and friends.

For more tips :

health.nsw.gov.au/**beattheheat**