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| NSW Health | Beat the Heat social copy |
|  | November 2023 |
| v1 | www.health.nsw.gov.au |

### Social

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| **Tile example *(please download file to use in channel)*** | **Social copy** |
| **Aware - Hot weather can be dangerous**A sunset with a red sky  Description automatically generated | Everyone can be affected by hot weather. It’s important to be aware of the health effects of heat exposure and to know what actions you can take to protect yourself and others.Learn how to Beat the Heat this summer: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat)  |
| **Aware - Hot weather can be dangerous for babies and children** | Hot weather can be dangerous for anyone. Are you or your loved ones at risk of heat related illness? People most at risk include anyone aged 65 years and over and babies and young children. Be prepared. Talk to your family, neighbours and friends. Have a heat plan in place to help protect you and your loved ones during the summer months. Learn more: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |
| **Prepare - Home for a Heatwave**A child looking out a window  Description automatically generated | Don't wait for scorching hot days to think about keeping your home cool this summer. Prepare now to keep your home cool in the heat. Visit:[health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |
| **Prepare - Keep in touch**A person sitting in a chair talking on a phone  Description automatically generated | Hot days are hard on everyone. Please check in on older or vulnerable family and friends to see how they're coping, especially if they live alone. Do they have enough food and medications at home? Do they need some shopping or other errands done for them?Prepare to Beat the Heat this summer: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |
| **Tips - Keep cool in the heat**A person drinking water from a glass  Description automatically generated | Even young, fit and healthy people can be affected by hot weather. Make sure you drink plenty of water and stay as cool as possible. Avoid exercising in the hottest part of the day and if you have to work outside, stay hydrated and wear sun protection every day.Learn more: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |
| **Tips – Stay cool and keep hydrated** A person holding a glass of water  Description automatically generated | During hot weather, make sure you drink plenty of water and stay as cool as possible. Avoid exercising in the hottest part of the day and if you have to work outside, stay hydrated and wear sun protection every day.Learn more: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |
| **Tips – Wet your skin with cool water**A person's feet in a blue bowl with a yellow rubber duck  Description automatically generated | Everyone can be affected by hot weather. It’s important to keep cool and stay hydrated in the heat. For more tips, visit: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |
| **Tips – Stay cool and keep hydrated - Kids**A child drinking water from a glass  Description automatically generated | Children are less able to control their own body temperature (and they're also more likely to run around on hot days!). Babies and young kids dehydrate quickly. Make sure they drink regularly and stay cool in shady areas this summer. Learn more: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |
| **Tips – Dress in light clothing - Kids** A child in a dress  Description automatically generated | Children are less able to control their own body temperature. Make sure they drink regularly and stay cool in shady areas this summer. Learn more: [health.nsw.gov.au/beattheheat](https://health.nsw.gov.au/beattheheat) |

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