



Beat the heat

Hot weather can be dangerous for older people.

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.
- Talk to your doctor about how to manage your health in the heat if you have a chronic illness, are on regular medications, or have a limit on your fluid intake.

For more tips: health.nsw.gov.au/beattheheat

