

Keep cool,
healthy and safe
this summer



Hot weather can be extra dangerous for seniors.

Here are some simple tips:



Stay inside during the hottest part of the day.



At home, close your curtains and use fans or air conditioning.



Do your housework or exercise early in the morning when its cooler.



Drink lots of water, even if you don't feel thirsty.



check in on family and friends.



Talk to your doctor about how to manage your health in the heat.

Learn more:
health.nsw.gov.au/summer

