Healthy safe summer

NSW GOVERNMENT

Keep cool, healthy and safe this summer

Hot weather can be dangerous for everyone.
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.

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