



Be ready for a heatwave

# Stay cool, stay strong and keep your mob safe!



Drink water (2 to 3 litres per day which is 8 glasses).



Avoid alcohol, coffee, and sugary drinks, as they can make you more dehydrated.



Have smaller meals or healthy snacks instead of big, heavy meals.



Stay in the coolest part of the house and keep the curtains or blinds closed during the hottest part of the day.



Stick to the shade where you can. Wear a hat, sunscreen, sunglasses, and light, loose clothing that covers your skin.



Check in on your Elders, and anyone who might be doing it tough in the heat.



Scan to find out more about being heatsafe

Website: [www.health.qld.gov.au/heatsafe](http://www.health.qld.gov.au/heatsafe) Weather updates: [www.bom.gov.au](http://www.bom.gov.au)

If you or anyone else has signs of heatstroke: call **13 HEALTH** (13 43 25 84) for advice from a qualified nurse, or visit your doctor. In an emergency: Call **Triple Zero (000)**.



Ask for an interpreter, if you need one

**Metro North Health**



**Queensland Government**