



# fact sheet

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## Looking After Yourself in Hot Weather

This fact sheet provides basic information on looking after yourself or others, during hot weather. Babies, children and older people - as well as pregnant women and nursing mums can be particularly at risk.

If you have an existing medical condition - especially if you are on fluid-restricted diets or fluid tablets, ensure you follow your doctor's instructions. If you are pregnant, or breastfeeding, keep cool and drink plenty of water/fluids. Contact your doctor if you have any concerns about heat related issues.

### Tips for keeping cool

- Drink plenty of water and fluids.
- Extra salt is not recommended.
- Sponge with tepid (lukewarm) water, damp towels or have short cool showers.
- Wear lightweight, loose-fitting clothing.
- Place a cool washcloth on back of the neck.
- Reduce physical activity, especially outdoor activities.
- Eliminate strenuous leisure and home maintenance activities.
- Stay (and sleep) in the coolest part of the house.
- Keep in the shade and out of the sun.

### Prevent sunburn, dehydration, heat stroke and heat exhaustion

- Drink plenty of fluids and avoid alcohol - water is best.
- Do not leave people (particularly children or older people) or pets in cars.
- Reduce exposure to sun by using sunscreen, wearing a hat and covering exposed skin.



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- Keep in the shade and out of the sun.
- If working outside, work with a partner and take care to prevent dehydration, sun burn and heat stroke by following the above.
- Regularly check babies, children, older people and people who have an illness.
- Be aware of signs of heat related illnesses — these may include headache, dizziness, faintness, nausea or vomiting.

## **Keeping the house cool**

During the heat of the day, keep the curtains drawn. If you have external awnings make sure they are down. Open these as the day becomes cooler. A damp towel or sheet placed over a wire screen door can provide a cooling breeze.

**Contact your doctor, ACT Health ([health.act.gov.au/publications](http://health.act.gov.au/publications)) or ACT Ambulance Service for more information**