



ACT
Government



Extreme Heat

Avoiding Heat Stress

- Drink plenty of fluids, water is best. Don't wait until you are thirsty to drink.
- Avoid drinking alcohol, tea and coffee as these can have a dehydrating effect.
- Wear light coloured, loose fitting clothing and don't overdress.
- NEVER leave children or pets alone in a car even for a very short period. The inside temperature can become life-threatening within minutes.
- Remain indoors or in the shade as much as possible and avoid strenuous activities in the heat of the day.
- If outside make sure you always wear a shirt and a hat, apply sunscreen and reapply regularly.
- The most vulnerable to heat stress are the young and the elderly. People with illnesses and chronic conditions and pregnant women may also need more care and monitoring during hot weather.

Heat Stress, watch out for:
Nausea, feeling faint, dizziness, loss of appetite, headache and vomiting



If you come across someone with the above symptoms of heat stress during hot weather, take the following actions:

- Try to get the person to a cooler environment;
- Lay the person down;
- Cool them by applying cool, wet towels around the neck and underarms; and
- If conscious, give cool fluids (preferably water) to drink.

Drowsiness/unconsciousness and hot dry skin during hot weather are definite indicators of heat stroke. You should call 000 immediately and ask for an ambulance.

To find out more go to www.ambulance.act.gov.au or www.health.act.gov.au



ACT Ambulance Service