

# How to cope in a heatwave

Easy Read Information Guide



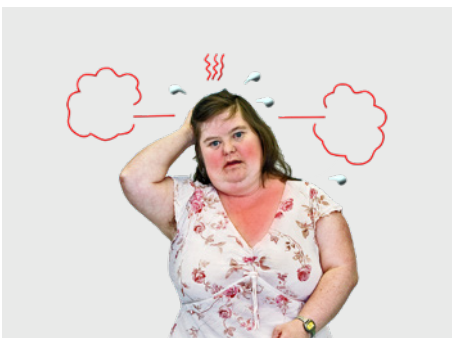
**Easy Read**

# How to cope in a heatwave



It is important to look after yourself in a heatwave.

A heatwave is when the weather gets very hot.



Heatwaves can impact your health and wellbeing.

Here are 3 top tips to help you in a heatwave.



## 1. Drink water

Drink lots of water.



Try not to drink too much

- Alcohol
- Coffee
- Tea or
- Soft drink

# How to cope in a heatwave



## 2. Stay inside

Try to stay inside when it is very hot.

Turn on your air conditioner if you have one.



If you do not have an air conditioner you can go to an air conditioned building such as

- A shopping centre or
- Library



## 3. Prepare if you go outside

If you need to go outside make sure you

- Wear loose clothes and sunscreen
- Take water with you and
- Tell someone you trust where you are going

## Get help



If the hot weather makes you feel sick talk to your GP.

In an emergency call **000**.



Contact CID for more information.

Call **1800 424 065** or  
email **[info@cid.org.au](mailto:info@cid.org.au)**