

LOOK AFTER YOURSELF IN THE HEAT

AS TEMPERATURES RISE, IT'S IMPORTANT WE CARE FOR OURSELVES AND EACH OTHER IN THE HEAT



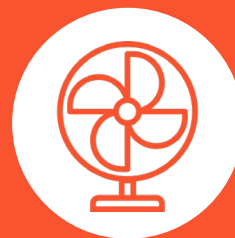
Plan ahead

Check the forecast, pack enough water and food, use a chiller bag and know where you can get help



Stay Hydrated

Consider water instead of sugary or caffeinated drinks which can dehydrate you



Keep your space cool

Open windows in the mornings and evenings. Use fans if the temperature is under 35°C.



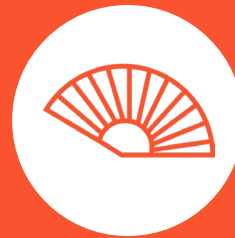
Stay out of the sun

Wear protective clothing, stick to the shade, and do strenuous work at cooler times if possible



Look out for others

Check in with anyone you think may struggle in the heat, and ask how you could help



Keep yourself cool

Take breaks, remove excess clothing, and consider personal cooling devices

Check your urine for hydration

HYDRATED

DEHYDRATED



NEED ADVICE? CALL HEALTHLINE ON 0800 611 116

Health New Zealand
Te Whatu Ora