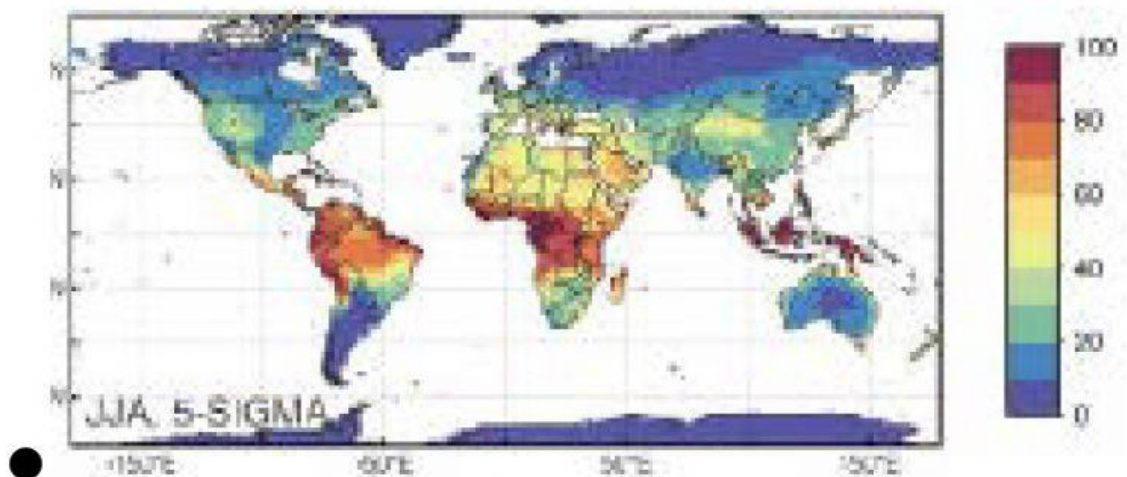


Heatwaves

- Very hot weather



- Very high temperatures for three or more days in a city and in a state.

Stay well in hot weather

- Wear light colour    clothes
- Wear loose clothes



- Stay away from very hard work and exercise



- Drink two to three litres of water per day



- Drink very less tea, coffee and soft drinks



- Use curtains and blinds in your home



- Wear a hat and sunscreen in the sun



hat



sunscreen



sunglasses



umbrella

- Do not leave children in cars at car parking



- See a doctor when you feel ill

<https://www.logan.qld.gov.au/disasters-and-emergencies/heatwaves>

13 HEALTH (13 43 25 84) is a safe phone service.

This gives you health advice.

You can call and talk to a registered nurse 24-hours a day, 7 days a week

Images' sources:

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