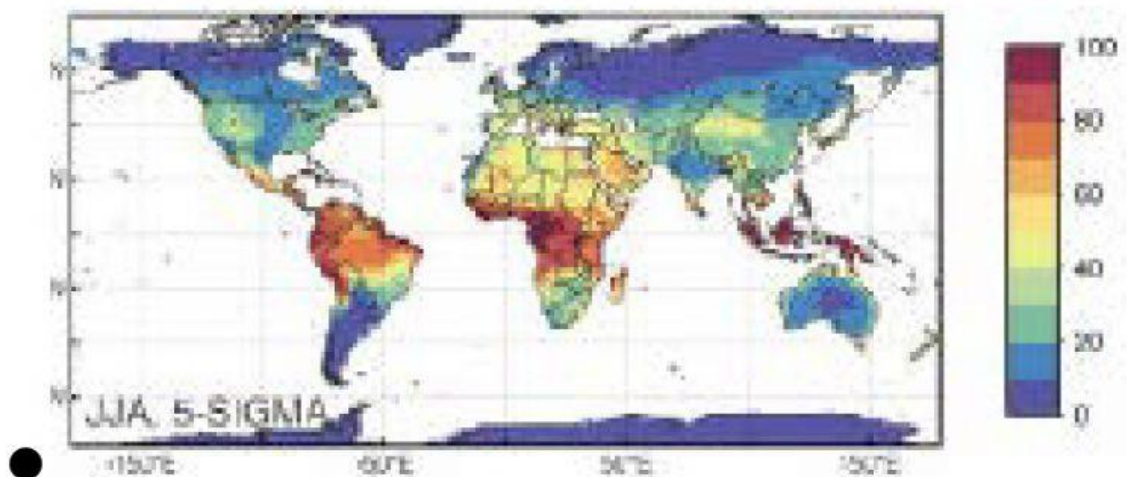


# Heatwaves

- 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:

[https://static.guim.co.uk/sys-images/Guardian/Pix/pictures/2013/8/20/1376959569715/CR13Fig3\\_450.jpg](https://static.guim.co.uk/sys-images/Guardian/Pix/pictures/2013/8/20/1376959569715/CR13Fig3_450.jpg)

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<http://1.bp.blogspot.com/->

[boYDxK5THIQ/TnNdCPREk3l/AAAAAAAAAH1Q/2mNNJfs2tJQ/s1600/YourRetailHelper+Family+Room+Curains.jpg](http://boYDxK5THIQ/TnNdCPREk3l/AAAAAAAAAH1Q/2mNNJfs2tJQ/s1600/YourRetailHelper+Family+Room+Curains.jpg)

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