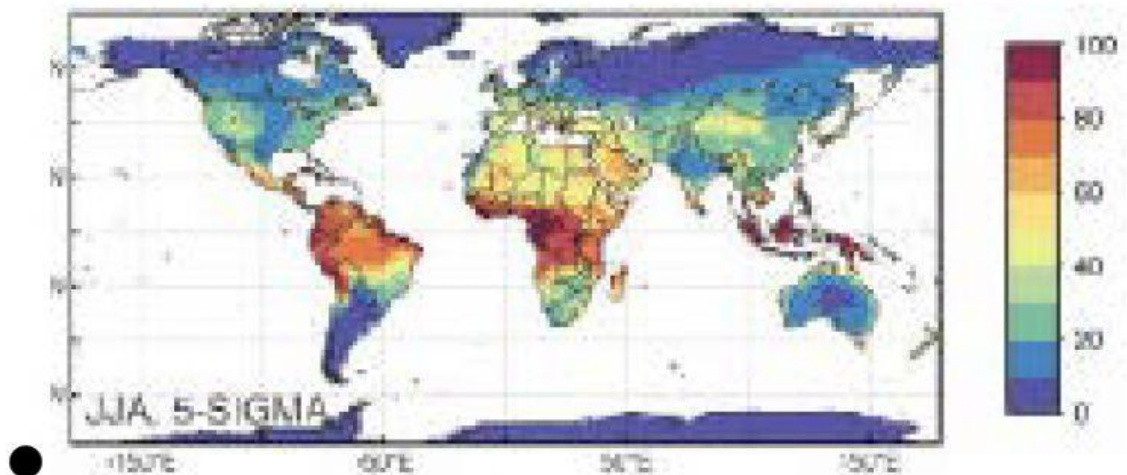


Heatwaves

- 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://www.amazon.co.uk/Summer-Dresses-Turn-Down-Oversized-Butterfly/dp/B08B3W5RK9>

<https://www.aarong.com/catalog/product/view/id/326983/category/178/>

<https://images.app.goo.gl/QxkHMT5yP9yWG5icA>

<https://www.insauga.com/sites/default/files/article/2016/01/water-glass.jpg>

https://upload.wikimedia.org/wikipedia/commons/thumb/0/02/Tea_%26_Coffee%2C_Cotton_Gate_%288528806251%29.jpg/1200px-Tea_%26_Coffee%2C_Cotton_Gate_%288528806251%29.jpg

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

boYDxK5THIQ/TnNdCPk3l/AAAAAAAH1Q/2mNNJfs2tJQ/s1600/YourRetailHelper+Family+Room+Curains.jpg

https://www.huffingtonpost.com.au/entry/sun-care-at-every-age_n_5b913037e4b0162f472aa309

<https://www.myllicence.sa.gov.au/road-rules/seatbelts-and-child-restraints>

<https://www.kidsafewa.com.au/road-safety/hot-cars-campaign/>