

Stay heat smart this summer

How to stay safe in hot weather:

-  **Plan your day**
-  **Limit your time in the sun**
-  **Use fans or air-conditioners**
-  **Keep windows and doors closed**
-  **Drink plenty of water**
-  **Never leave children or pets in cars**
-  **Check on family, friends and relatives**
-  **Know the signs of heat-related illness**



For more info: www.health.tas.gov.au/hot-weather