

# Extreme heat is dangerous

In Victoria, extreme heat risks more than sunburn, it can worsen medical conditions or cause potentially fatal health problems like heatstroke. To keep you and others safe, it's important to prepare early.

## Stay safe in the heat with these four simple tips:



### Stay cool on hot days

Stay cool at home.

- Use air conditioning or a fan
- Wear light and loose clothing
- Keep skin wet, using a spray bottle or damp sponge and by taking cool showers
- Block heat entering your home with blinds and curtains if air temperature is warmer indoors than outdoors
- If you need to go out, consider spending some time in cool places or air-conditioned buildings.



### Plan ahead

When planning outdoor activities:

- Cancel or reschedule activities for a cooler time of the day.
  - Check the weather forecast regularly
- Monitor Bureau of Meteorology Heatwave warnings at [www.bom.gov.au](http://www.bom.gov.au) or via the Bureau's app and subscribe to receive the Department of Health Heat health warnings at [www.health.vic.gov.au/subscribe](http://www.health.vic.gov.au/subscribe).



### Avoid becoming dehydrated on hot days

Keep drinking fluids before you feel thirsty, especially if outdoors and performing physical activity.

- Take a full bottle of water with you whenever you leave the house.
- Watch for signs of dehydration like feeling thirsty, lightheaded, having a dry mouth, tiredness, having dark coloured, strong-smelling urine or passing less urine than usual.



### Check in with family, friends and neighbours

A quick call can make a big difference. Let people know you are OK or check in on those at increased risk or who may need your support during days of extreme heat.

People most at risk include:

- Those over the age of 65
- Pregnant women, young children and babies
- People with acute or chronic health problems
- People who are socially isolated.



Learn more at  
[betterhealth.vic.gov.au/extreme-heat](http://betterhealth.vic.gov.au/extreme-heat)

