

Extreme heat is dangerous

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

Stay safe in the heat with these four simple tips:



Stay cool on hot days

Stay cool at home.

- Use air conditioning and/or a fan.
- Wear light and loose-fitting clothing.
- Keep skin wet, using a spray bottle or damp sponge and by taking cool showers or foot baths.
- Block heat entering your home with blinds or curtains.

If you need to go out, consider spending some time in cool places such as air-conditioned buildings like a shopping centre or public library.



Stay hydrated on very hot days

Making sure you drink enough water to remain well is important on very hot days.

- Keep drinking water even before you feel thirsty, especially if outdoors or doing physical activity.
- Watch for signs of dehydration like feeling thirsty, lightheaded, having a dry mouth, tiredness, having dark strong-smelling urine or passing less urine than usual.
- Take a full bottle of water with you when you leave the house.
- If your doctor normally advises you to limit your fluid intake, speak to them about how much fluid you should drink during hot weather.



Plan ahead

Check the weather forecast and Bureau of Meteorology heatwave warnings regularly.

- Check the Bureau of Meteorology Heatwave warnings at www.bom.gov.au or via the Bureau's app.
- Subscribe to receive the Department of Health Heat health warnings at www.health.vic.gov.au/subscribe.
- Where appropriate, avoid being outdoors, especially working or exercising outdoors in extreme heat.
- Cancel or reschedule strenuous activities for a cooler time of the day.
- Prepare beforehand by ensuring you have enough of your essential items (like food and medications) for the period of extreme heat.



Check in with family, friends and neighbours

A quick call can make a big difference, so let people know you are OK or if you might need help. Alternatively check in on those 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.
- People with limited ways to keep cool, such as those without air conditioning or living in buildings that heat up easily.



Learn more at
betterhealth.vic.gov.au/extreme-heat

To receive this document in another format email the [Extreme Weather team](mailto:extreme.weather@health.vic.gov.au)
<extreme.weather@health.vic.gov.au>

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