



# Staying healthy in the heat

In the hot weather you need to take care of your health.

## Tips for keeping cool

- Drink plenty of fluids.
- Try to stay inside with a fan or air conditioner on.
- If you have to go outside, go in the early morning or late evening and stay in the shade.
- Wear light-coloured, loose clothing and a hat and sunglasses when outside.
- Always use plenty of sunscreen.
- Don't do a lot of exercise outside.
- To help you sleep, use a water spray mist on your face and body.

## Heat stress

Heat stress is when your body cannot cool itself enough to maintain a healthy temperature (37 °C). When it is very hot, you may be at increased risk.

## Who is at increased risk?

People more likely to experience heat stress:

- babies and young children
- older children and teenagers
- people with existing physical and mental health conditions or using certain medications
- the elderly
- people who exercise
- people who work outside
- overseas travellers who are not used to the heat.

## What are the signs and symptoms?

Signs of heat stress include:

- muscle cramps
- pale skin
- dizziness
- confusion
- headache
- fainting
- excessive sweating or no sweating with high temperature and hot, dry skin
- urinating less often.

The following are severe symptoms:

- high body temperature – above 37 °C
- nausea
- dry, red, hot skin
- rapid heart rate.

## How can I prevent heat stress?

- Rest in a cool, well-ventilated area.
- Remove excess clothing.
- Drink plenty of water and fluids.
- Apply cool wet cloths, cold water or ice packs (armpits and groin) to the skin.
- Seek urgent medical advice

## Where to get help

- If you have severe symptoms, always dial triple zero (000) to call an ambulance in a medical emergency.
- See your doctor.
- Visit a GP after hours.
- Ring healthdirect Australia on 1800 022 22.

## More information

- Visit [www.healthywa.wa.gov.au](http://www.healthywa.wa.gov.au)