

# BEAT THE HEAT

and look after your health



Stay hydrated



Keep cool



Stay in the shade



Wear a wide brimmed hat



Dress in light, loose clothing



Apply SPF 50+ sunscreen



Avoid alcohol and caffeinated drinks



Plan ahead and monitor for heat health warnings



Know the signs of heat stress and help others

for more information visit [nt.gov.au/heatstress](https://nt.gov.au/heatstress)

Seek medical advice if you feel unwell.  
If symptoms are serious

Call Triple Zero [000]