

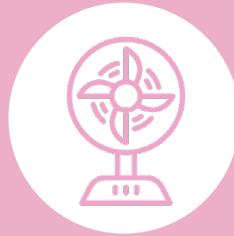
Looking after yourself in hot weather

As temperatures rise, it's important we look after ourselves and each other in the heat



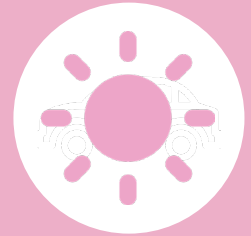
Stay Hydrated

Consider water instead of sugary or caffeinated drinks which can dehydrate you



Keep your space cool

Open windows in the mornings and evenings.
Use fans if the temperature is under 35°C



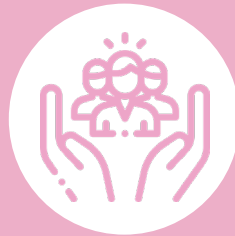
Stay out of the sun

Wear a hat and sunscreen and stick to the shade if you can



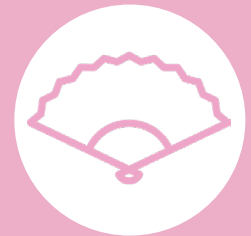
Work in the cool

Use cooler times of day for strenuous work if you can



Look out for others

Check in with anyone you think may struggle in the heat, and ask how you could help



Keep yourself cool

Take breaks, remove excess clothing, and consider personal cooling devices

Check your urine for hydration

HYDRATED

DEHYDRATED



1

2

3

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NEED ADVICE? CALL HEALTHLINE ON 0800 611 116

Health New Zealand
Te Whatu Ora