



Heat can be fatal

Some people
are more at risk

H

Home
and living
conditions

E

Environment
and social
exclusion

A

Age and
underlying
conditions

T

Taking
certain
medications

There are ways
to stay safe

S

Stay cool and
drink water

A

Avoid being
outside in the
heat of the day

F

Phone family
and friends

E

Emergency
alerts and
weather
warnings



Scan to visit the
Better Health Channel
for more information
about the effects of
heat on health



HEATWAVE H.E.L.P.

A Grampians region collaboration