Six Cool Tips

Stay safe during a heatwave

1 In the morning, close windows, blinds and curtains

2 Set your air conditioners to the cool setting

3 A small spray bottle filled with water is great for keeping cool – especially for children

4 Sleep in the coolest room in the house – it might not be the bedroom

5 Bring your pets inside during the day and make sure they have plenty of cool water

6 Add a slice of lemon and ice cubes to your water

My important phone numbers

_____

_____

_____

_____

For more information scan the QR code, visit **ses.sa.gov.au/heatwave**

SOUTH AUSTRALIA

Government of South Australia

SES RESCUE

Life threatening emergency call
000

Emergency assistance call
132 500

For more information call
1800 362 361