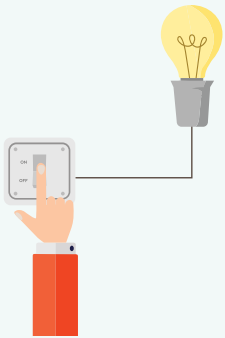


# KEEP COOL IN WELLINGTON

Five easy ways to keep  
your home **COOL** in a heatwave



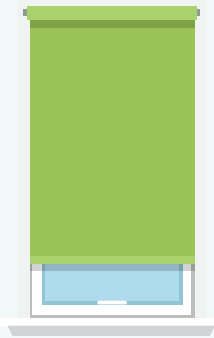
1

**Turn** off non-essential lights and electrical equipment – they generate heat



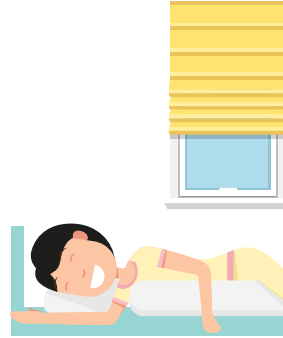
2

**Put** a bowl of ice cubes in front of a fan to create a cool breeze inside



3

**Close** curtains and blinds in the day to block out the heat of the sun



4

**If** possible, move into a cooler room, especially for sleeping



5

**Eat** cold meals like salad so that your kitchen stays cool

For more information please contact Wellington Shire Council  
on 1300 366 244 or visit [www.wellington.vic.gov.au](http://www.wellington.vic.gov.au)

# KEEP COOL IN WELLINGTON

Five easy ways to keep out  
of the **SUN** during a heatwave



1

**Reschedule** travel, sports and chores to early morning



2

**Spend** the day in cool buildings (libraries, cinemas, shopping centres)



3

**Wear** light-weight, loose clothing to protect your skin and allow it to breathe



4

**Never** leave children or pets in cars



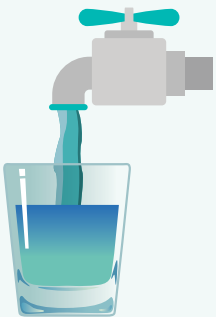
5

If you are **outside**, stay in the shade, wear a hat and drink plenty of water

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on 1300 366 244 or visit [www.wellington.vic.gov.au](http://www.wellington.vic.gov.au)

# KEEP COOL IN WELLINGTON

Five easy ways to keep **COOL**  
and hydrated during a heatwave



1

Drink plenty of **water** (tap water is safe to drink)



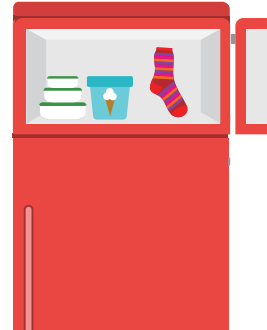
2

**Avoid** caffeine, sugary drinks and alcohol as they dehydrate you



3

**Remove** warm clothing and place a wet tea towel around your neck



4

**Fill** a sock with rice and freeze it to make your own cool pack



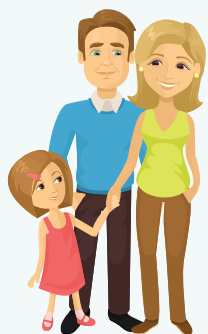
5

**Spray** your skin with water and eat water-rich foods like raw fruit and vegetables

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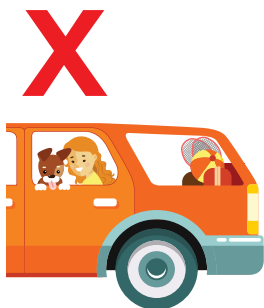
# KEEP COOL IN WELLINGTON

Five easy ways to **help**  
others during a heatwave



1

**Check** on elderly or sick neighbours, family or friends every day during a heatwave



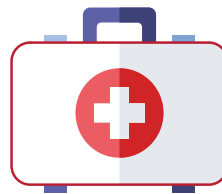
2

**Never** leave children or pets in cars



3

**Place** ice cubes in your pet's water bowl



4

Do a **first aid** course so you can easily identify and treat heat illnesses in others



5

For life-threatening emergencies, **call 000**

For more information please contact Wellington Shire Council  
on 1300 366 244 or visit [www.wellington.vic.gov.au](http://www.wellington.vic.gov.au)

# KEEP COOL IN WELLINGTON

Five easy ways to get  
**help** during a heatwave



1

**Make** a list of emergency contact numbers and keep it on your fridge



2

**NURSE-ON-CALL** provides free 24-hour health advice in your language. Free call 1300 60 60 24



3

For life-threatening emergencies, **call 000**



4

**For** people with hearing or speech impairments, call 106 for a text emergency call



5

**Know** the cool places in your neighbourhood where you can get relief from the heat (e.g. libraries, community centres, shopping centres, cinemas)

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on 1300 366 244 or visit [www.wellington.vic.gov.au](http://www.wellington.vic.gov.au)