

What is heat-related illness?



Heat-related illness occurs when the body absorbs too much heat. This may happen slowly over a day or two of very hot weather



Queensland
Government

We all need to be careful during a heatwave.






When it's very hot, your body tries to cool down by sweating.

Sometimes sweating isn't enough to cool you down.

This can make you feel sick, with symptoms like feeling dizzy, having a headache, feeling nauseous, wanting to drink water, or even vomiting.

Heat-related illness can be dangerous, and in some cases, deadly.

Here's how to keep you and your family safe:

-  drink water often (between 6-8 glasses each day)
-  check in on loved ones regularly (especially older adults and pregnant women)
-  avoid heavy exercise during the hottest parts of the day
-  keep cool in air conditioning if available or find a shaded or cool spot to rest.
-  be sun safe by wearing a hat and sunglasses, keeping out of the sun between 10am and 2pm, wearing long sleeve and light clothing, and applying sunscreen every two hours.

If you, or someone you know, start feeling unwell due to the heat:

- Get medical advice by calling 13 HEALTH (13 43 25 84) or visit your doctor.
- In emergencies, don't wait, call Triple Zero (000) immediately.

For tips on staying safe in the heat, visit www.health.qld.gov.au/heatsafe