

KEEP *cool* IN DAREBIN

PEOPLE OVER 65



As we age, we have a higher risk of heat-related illness, especially if we live alone, have medical conditions, or take certain medicines. Physical changes happen as we age, and we may be less likely to notice we are becoming overheated or dehydrated and are less able to cool our bodies through sweating; some medications can also make this worse. Speak with your doctor or pharmacist for advice about medicines you are taking. The following tips may help:



Use air-conditioners and fans set to cool, put a wet cloth around your neck, or put your feet in a bowl of cool water.



Drink plenty of water throughout the day, even if you do not feel thirsty, and take a bottle of water wherever you go.



Swap large meals for smaller ones. Make cool meals, like salads, and avoid using ovens or stoves in hot weather – they can make your home much hotter.



Arrange for a friend or relative to visit you twice a day to check how you are and that you have everything you need to stay healthy in the heat.



Register with the free Red Cross Telecross REDi service on 1800 188 071. Trained Red Cross volunteers call older people up to three times a day to make sure they are well and coping in hot weather.



A trip to an air-conditioned public space, like a public library, cinema or shopping centre, may give you some relief from hot weather. Darebin Libraries welcome people wanting to keep cool. Check out our Keep Cool in Darebin map on our website for more information. But try to avoid going outside in the hottest part of the day.

If you are unwell call Nurse on Call on **1300 60 60 24** or **000** in an emergency.

For more information go to darebin.vic.gov.au/heatwaves

Thank you to the Department of Health, South Australia for permission to repurpose these materials.