



Moreland  
City Council

# KEEP COOL in Moreland

[moreland.vic.gov.au/heathealth](https://moreland.vic.gov.au/heathealth)

Easy ways to prepare  
for **extreme heat**

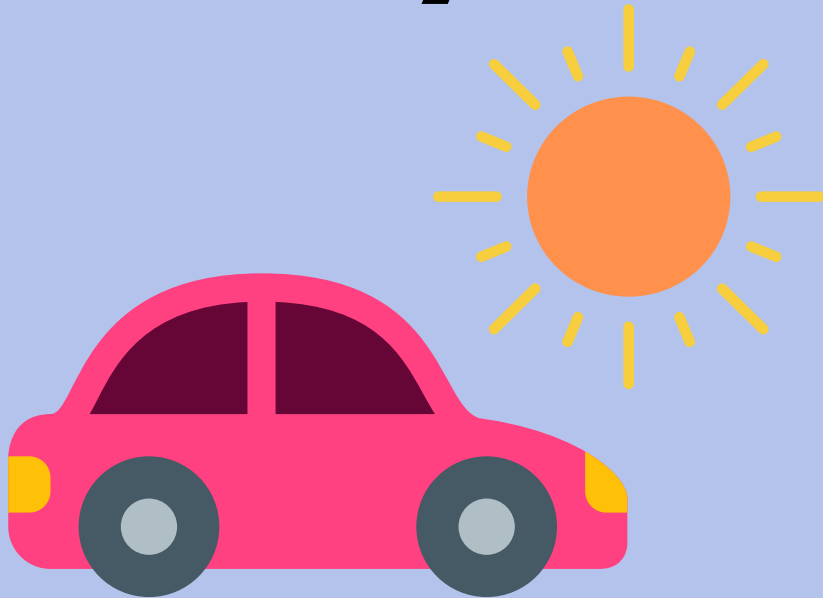
**Monitor weather forecasts and sign up for DHHS heat health alerts.**



# Make a list of emergency contact numbers.



**Never leave adults,  
kids or pets in a car on  
hot days.**



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



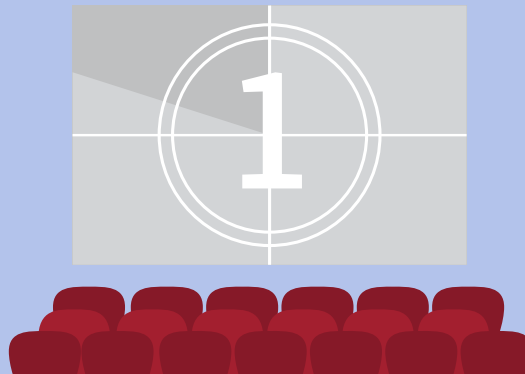
**Block out the heat of  
the sun in your home  
and stay indoors.**



**Plan your activities  
during earlier, cooler  
times of day.**



**Know the cool places in  
your neighbourhood  
where you can keep cool.**





# Know the signs of heat related illness.



**Drink plenty of water  
and protect yourself  
from the sun.**

