

Enjoy Summer Safely

Heat Safety

- Check the weather forecast daily
- Drink plenty of water
- Seek shade or cool spaces
- Check in on your elderly friends, family, and neighbours
- Never leave kids, older people or pets in cars
- Close curtains and blinds to block out heat

Sun Safety

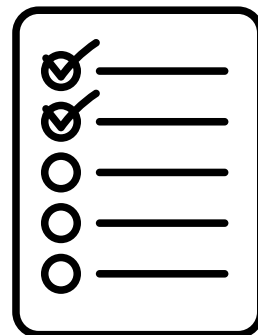
- Wear covering clothes, a hat, sunglasses
- Seek shade
- Wear sunscreen and reapply frequently
- Check the daily UV rating

Fire Safety

- Know your fire weather district: in Loddon Mallee you're either in Northern Country, North Central, or Mallee
- Plan and prepare
- Check Vic Emergency and CFA daily
- Tune into your Official Emergency Broadcaster station to stay updated <https://www.emv.vic.gov.au/official-emergency-broadcasters-in-victoria>



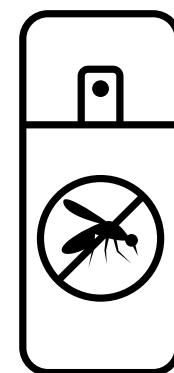
Check updates



Plan and prepare

Mosquito Safety

- Remove stagnant water around the house
- Wear mosquito repellent
- Get the JE vaccine if you're eligible
- Wear loose clothing



Mosquito repellent



Loose clothing


Water Safety

- Don't go swimming if you've had alcohol or drugs
- Don't go swimming alone – always go with a friend
- Don't go in swimming pools if you're unwell or have been unwell in the last 2 days
- Only swim in designated areas

Contact Numbers

Police/Fire/Ambulance	000
Nurse On Call	1300 606 024
Fire/bushfire info	1800 240 667

Loddon Mallee Public Health Unit

 1800 959 400

 bendigohealth.org.au/LMPHU/