

## SES Heatwave Advice – Tips To Keep Cool

Did you know that since 1900, heatwaves have caused more deaths than all other natural hazards combined? Here are some tips to keep cool and safe during a heatwave.

- In the morning, close windows, blinds, and curtains.
- Do your outdoor activities early or later in the day when it's cooler.
- When you're outside, remember to wear loose/light coloured clothing, sunnies, a wide-brimmed hat, and sunscreen.
- To help you chill out, try a cool shower, wet towels, cool-packs, and spray bottles.
- Now is definitely the time to make good use of your air conditioners and fans. If you don't have air conditioning, think about spending time in a cool place like your local shopping centre, the library, or maybe catch a movie at the cinema.
- Don't forget your pets. Bring them inside during the day and make sure they have plenty of water.
- At night, the coolest place to sleep in the house might not be the bedroom.

For more heatwave information and advice, visit the SES website at [ses.sa.gov.au](http://ses.sa.gov.au).