



# Extreme heat is dangerous

In Victoria, extreme heat risks more than sunburn, it can worsen medical conditions or cause potentially fatal health problems like heatstroke. To keep you and others safe, it's important to prepare early.



Use air con, fans and wear light, loose clothing.



Stay hydrated on hot days.



Watch the forecast and plan activities at cooler times of day.



Check in with family, friends and neighbours.



**Learn more at**  
[betterhealth.vic.gov.au/extreme-heat](https://betterhealth.vic.gov.au/extreme-heat)

