

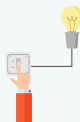
KEEP cool IN DAREBIN

If you feel unwell call Nurse
On Call on ☎ **1300 60 60 24**
or see a doctor.

In an emergency call ☎ **000**.



the place
to live



1

Turn off non-essential lights and electrical equipment – they generate heat



2

Put a bowl of ice cubes in front of a fan to create a cool breeze inside



3

Close curtains and blinds in the day to block out the heat of the sun



4

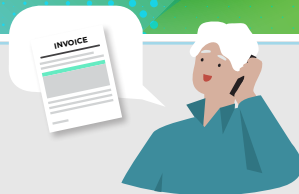
If possible, move into a cooler room, especially for sleeping



5

Eat cold meals like salad so that your kitchen stays cool

Are you worried about your electricity bills over summer?



For a limited time, you can call **1800 830 029** for free independent phone advice from our friends at Uniting on how to save on your electricity and gas bills.

For more information call 8470 8888 or visit **darebin.vic.gov.au/heatwaves**



National Relay Service
relayservice.gov.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.



Speak Your Language
T 8470 8470

العربية	Italiano	Soomalii
繁體中文	Македонски	Español
Ελληνικά	नेपाली	اردو
हिंदी	ਪੰਜਾਬੀ	Tiếng Việt