

# IF YOU OR OTHERS FEEL UNWELL

If you feel dizzy, weak or have an intense thirst or headache you may be dehydrated. Drink some water and rest in a cool place. Seek help if symptoms persist.

If you are experiencing painful muscle cramps, your body may need electrolytes as well as fluid. Drinking oral rehydration solutions or zero sugar sports drinks may help, but seek medical advice if heat cramps last for more than one hour.

**Visit your GP if you are feeling unwell** or after hours, phone your GP rooms for free advice from registered nurses.  
[www.cdhb.health.nz/your-health/care-around-the-clock/](http://www.cdhb.health.nz/your-health/care-around-the-clock/)

Keep medicines below 25 degrees C or in the refrigerator (read the storage instructions on the packaging)

# STAY COOL & WELL THIS SUMMER

## Community and Public Health

310 Manchester Street

P O Box 1475

Christchurch

Phone: 03 364 1777

Email: [chic@cdhb.health.nz](mailto:chic@cdhb.health.nz)

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

ENH 0034 + 2019

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

# STAY COOL & WELL THIS SUMMER

# THERE ARE A FEW SIMPLE THINGS WE CAN ALL DO...

To help us stay cool and well in summer.

Overheating is a serious health issue and can be fatal.

## DRINK PLENTY OF WATER

- Try to drink at least two litres of water a day.
- Have plenty of cold drinks.
- Avoid drinking alcohol, caffeine and hot drinks.
- Eat nourishing cold foods with a high water content – such as salads and fruits.

## STAY OUT OF THE HEAT

- Keep out of the sun
- If you have to go out in the heat, walk in the shade
- Apply sunscreen
- Wear a hat
- Avoid extreme physical exertion

## KEEP COOL

- Take a cool shower or bath.
- Spray or sprinkle water over your skin or clothing, or keep a damp cloth on the back of your neck.
- Dress yourself and your children in light clothing. Cool cottons and natural fabrics are best.

## KEEP AN EYE OUT FOR EACH OTHER

- Look out for very young children and elderly relatives and neighbours. Check on them often to ensure they are drinking and eating well, keeping cool and taking medications properly.
- People and pets should not be left in stationary cars.

# 3 THINGS TO KEEP YOUR HOME COOL

## VENTILATION / AIRING YOUR HOME

- Open windows in the evening and overnight – once the temperature has cooled down.

## INSULATION

- Having good home insulation is one of the most important ways to keep your house healthy. Home insulation will help keep your home cooler in summer.

- Keep light coloured curtains or blinds closed on windows which face the sun during the day. (Dark coloured curtains or blinds are best left open as they absorb the heat)
- You may be able to access free lined curtains from Community Energy Action Curtain Bank.

Contact Community Energy Action

**0800 438 9276**

or visit [www.cea.co.nz](http://www.cea.co.nz) for further information.

## COOLING YOUR HOME

- Turn off non-essential lights and electrical equipment – they generate heat.
- Move into a cooler room if possible, especially for sleeping
- Use electric fans to keep cool
- Use the cool cycle on a heat pump. Clean heat pumps – vacuum the filters regularly.

## SPREAD YOUR POWER BILL

- You may be able to spread your power bill payments across the year so that there are no surprises. Talk to your power company.
- Use [www.powerswitch.org.nz](http://www.powerswitch.org.nz) to make sure you are on the right plan for your home with the cheapest provider.
- You can also check with Work and Income to see if you're eligible for assistance.

