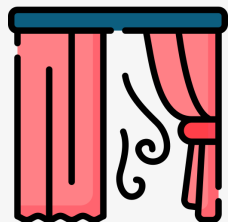


Hot weather guidance:

Keeping yourself and your medicines safe



Stay indoors if possible during the hottest part of the day 11am-3pm.



Cool your home. Close window coverings during the day and open windows when it's cooler outside in the evening.



Dress for the heat. Wear a hat, light clothing and sun cream that is at least 30+ SPF.



Keep cool. Drink plenty of fluids, eat cold foods and take cool showers/baths.
Avoid alcohol, caffeine and hot drinks.



Store medicines below 25°C. Keep in a cool, dry place away from sunlight.

In very hot weather (30°C+), store medicines in cool places such as cupboards or wardrobes.

Avoid hot rooms and windowsills.



Travel safely. Don't leave medicines in hot cars; use a cool bag or an insulated mug if needed.



As always, if you have any concerns about your medicines, contact your health provider.

Scan the QR code for more information on how to stay safe during hot weather.

