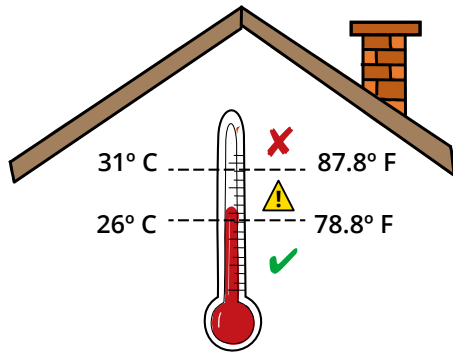
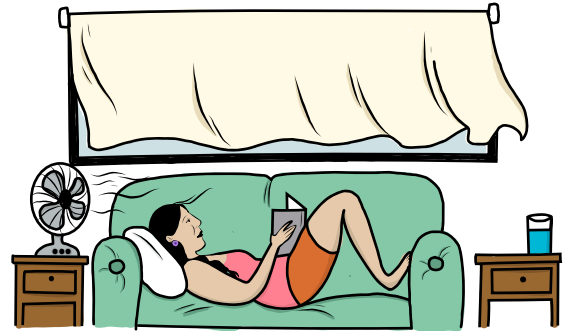


Extreme heat is most dangerous indoors

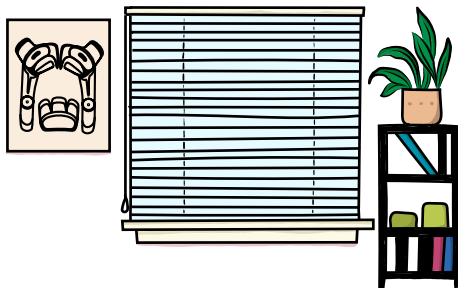
Stay safe when your home gets hot.



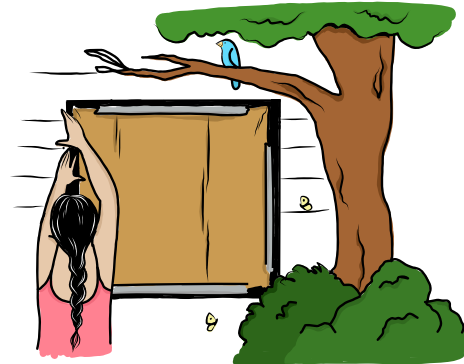
INDOOR temperatures above 26°C (78.8°F) start to get dangerously hot.



Spend time in the coolest areas of your home and sleep there if you can. See if there are cooling centres near you.



Close your doors, windows, curtains and blinds from 10 am - 8 pm. After the sun sets, turn on fans to move cool air inside.



Cover your windows on the **outside** of the glass to reflect the heat. Cardboard works well.



Heat builds up indoors throughout the day and peaks anytime from 5 - 9 pm. Once it's cooler outside, open doors and windows to let the hot air escape.



Sleep in an air-conditioned space or outside if your home is still too hot.