

Summer 2025

City of
West Torrens



Stay healthy in the heat

Drink water

Take a bottle of water with you and stay hydrated.



Plan your day

Avoid going out during the hottest part of the day.



Stay cool

Use fans or air conditioners set to cool. Close your blinds and curtains.



Dress down

Wear lightweight, breathable, loose fitting clothing.



Soak

Take a cool shower or bath to help you cool down.



Shade

Wear a hat or take an umbrella with you for shade when you're outside.



Help others

Check on those most at risk like the sick, elderly and young.



Hot cars can be deadly

Never leave children or animals in cars. The temperature inside a parked car can double in minutes.

Scan this QR code for tips to stay cool and connect with your community this summer.

- Know the signs and symptoms of heat related illness.
- See your GP if you are unwell.
- In an emergency call triple zero (000).

