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How to cope and stay safe in extreme heat

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- Keep cool: use air conditioning or a fan, wear light and loose-fitting clothing, and keep skin wet, using a spray bottle or damp sponge and by taking cool

This can be:



Operate a Telephone Helpline during extreme heat

Victoria

By operating a telephone helpline this can help provide guidance during heatwave, setup a dedicate telephone service that is opened for the heatwave with a well publicized phone number, or use pre-existing general health advice helpline.

Operating helpline t

Coping with extreme

11 SUSTAINABLE CITIES AND COMMUNITIES

