

Look after yourself and others on hot days

Heatwaves can affect anyone however, older people, people with a pre-existing medical condition, pregnant women, young children and babies are most at risk.

During periods of extreme heat, it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heat stroke, which can be life threatening.



Tips to help you beat the heat:

- **Drink plenty of water**, even if you don't feel thirsty. If your doctor normally limits your fluids, check with your doctor how much to drink during hot weather.
- **Keep yourself cool** by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- **Block out the sun** at home during the day by closing curtains and blinds. Open the windows when there is a cool breeze.
- **Wear a hat if outdoors**, and light coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- **Never leave kids, adults or pets in hot cars**. Not even for a few minutes. The temperature inside parked cars can double within minutes.
- **Plan ahead**, cancel or reschedule activities for the coolest part of the day.
- **Consider visiting an air-conditioned building** such as a shopping centre or public library. Cool off with free waterplay at a waterpark near you. Visit:

<https://www.melbourneplaygrounds.com.au/water-play-spaces-in-melbourne-and-victoria>

For the Bureau of Meteorology heatwave warning and Victorian weather warnings visit:
www.bom.gov.au/vic/warnings/

For more information on heat health visit:
www.betterhealth.vic.gov.au/heat

For information and resources from the Victorian Aboriginal Community Controlled Health Organisation visit:
www.vaccho.org.au/environmental-health-hazards/



Water safety



If you're planning to visit a beach, river or pool this summer, prepare to stay safe around the water.

Remember to:

- plan ahead and swim where lifeguards are on duty
- check the weather before leaving
- do not swim by yourself
- check for safety signs
- always supervise children.

For additional safety information on beach, rivers, or pools visit:
lsv.com.au/summersafety/

Everyone shares the pool, don't share your germs

Swimming is a popular activity, great for your health and wellbeing, and it's also a great way to cool off this summer.

While swimming is a fun way to stay fit and active, sometimes germs can contaminate pool water and make people sick.

You can help keep the pool clean by following the five healthy swimming steps:

1. do not swim if you have had diarrhoea in the past 14 days
2. shower and wash with soap, especially your bottom, before swimming
3. wash your hands with soap after going to the toilet or changing a nappy
4. change nappies in nappy change areas only
5. avoid swallowing pool water.



Cryptosporidium (crypto) is a type of stomach illness (gastro) caused by a parasite. It often spreads in swimming pools and water parks because it is not easily killed by chlorine.

Most people who get crypto have mild gastro symptoms, but it can cause serious illness, especially in children and older people.

For more information on healthy swimming visit:

www.wphu.org.au/healthy-swimming-it-starts-before-you-hop-in-the-pool



Avoid mosquito bites

This summer it's important to take extra steps to avoid getting bitten by mosquitoes. Warm and wet weather can mean more mosquito biting and breeding, including by mosquitoes that can carry diseases that make you sick.



Reduce the number of mosquitoes around your property:

- remove or cover any source where mosquitoes breed with mosquito wire, such as gutters, pot plant containers, buckets, open tins or cans. Empty out stagnant water
- make sure your water tank is screened off to prevent mosquitoes from breeding there
- mosquito proof your home by installing insect screens.

How to avoid mosquito bites:

- use personal insect repellents containing diethyltoluamide (DEET) or picaridin
- cover up by wearing long, loose fitting, light-coloured clothing
- avoid mosquito-prone areas especially at dusk and dawn when they are most likely to be out.

Preventing Buruli ulcer

There is evidence that mosquitoes help spread Buruli ulcer, which can cause serious skin infections.

Buruli ulcer cases have increased in Victoria in recent years. It has been found in **Brunswick West, Coburg, Essendon, Moonee Ponds, Pascoe Vale South and Strathmore.**

Reducing your risk of mosquito bites can greatly reduce your risk of Buruli ulcer. Take steps to avoid getting bitten, especially during mosquito season (November to April) and particularly around your own property.

Learn more at:

www.wphu.org.au/health-topics/buruli-ulcer

View and download WPHU's Buruli ulcer flyer and share with your community:

www.wphu.org.au/wp-content/uploads/2024/10/Buruli-ulcer-flyer.pdf



Travel safe this summer

Visiting family and friends, travelling for work, or going on holiday can be both exciting and stressful. Plan your trip carefully to stay safe and avoid getting sick.

How to stay safe while travelling:

- use the Smarttraveller website (www.smarttraveller.gov.au) to research your destination, check local health and safety alerts, and keep up to date on the latest travel advice
- you may need travel vaccines for the place you're visiting, even if it's your home country. Check the Australian Government Department of Health and Aged Care website for more information (www.health.gov.au/topics/immunisation/when-to-get-vaccinated/immunisation-for-travel#vaccines-needed-for-travel)
- see your general practitioner (GP) or visit a travel clinic for medical advice.

For more great travel tips visit:

media.healthdirect.org.au/publications/Healthy-Holiday-Tips_v02-01-24.pdf



Stay safe Victoria, increase in COVID activity

Victoria is currently seeing a rise in COVID cases in the community, leading to more people being hospitalised with the virus.

This holiday season, which is filled with fun, it's important to protect those most at risk of serious illness from COVID and other viruses. This includes people aged 65 and older, those with disabilities or chronic health conditions, and Aboriginal and Torres Strait Islander people.

Protect yourself and vulnerable Victorians from COVID by:

- **staying at home** if you're unwell with cold or flu symptoms - see your GP if symptoms get worse
- **testing** if you have symptoms - take a rapid antigen test (RAT)
- **getting vaccinated** - stay up to date with your COVID vaccinations
- **wearing a mask** - especially if you have symptoms or are visiting a sensitive setting
- **letting fresh air in** - open windows and doors.

For more information refer to the Chief Health Officer Alert:

www.health.vic.gov.au/health-alerts/increase-covid-19-activity

