

Enjoy Summer Safely

Heat Safety

- Check the weather forecast daily
- Drink plenty of water
- Find shade or cool spaces
- Check in on your elderly friends, family, and neighbours

Fire Safety

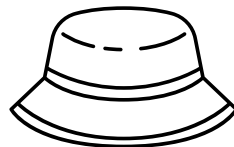
- Know your fire weather district: in Loddon Mallee you're either in Northern Country, North Central, or Mallee
- Plan and prepare
- Check Vic Emergency and CFA website daily

Sun Safety

- Be SunSmart
- Wear covering clothes, a hat and sunglasses
- Find shade
- Wear sunscreen and re-apply often



SUNSCREEN



HAT AND
SUNGLASSES

Mosquito Safety

- Remove water laying around the house
- Wear mosquito spray
- Get the Japanese encephalitis (JE) vaccine if you're eligible
- Wear loose clothing



MOSQUITO
SPRAY



LOOSE
CLOTHING

Water Safety

- Don't go swimming if you've had alcohol or taken drugs
- Don't go swimming alone – always go with a friend


Contact Numbers


Police/Fire/Ambulance
Triple Zero (000)

Nurse-On-Call
1300 606 024

Bushfire Information Line
1800 240 667

Loddon Mallee Public Health Unit

 1800 959 400

 bendigohealth.org.au/LMPHU

