



Prepare Stay Cool Recover



Stay cool you mob!



**Aboriginal
Health Council**
of Western Australia

Prepare, Stay Cool, Recover Stay cool you mob!



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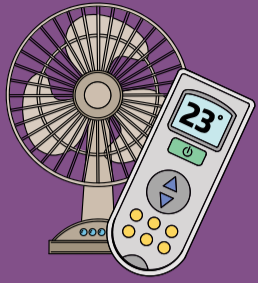
Prepare, Stay Cool, Recover

Stay cool you mob!

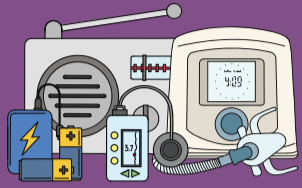


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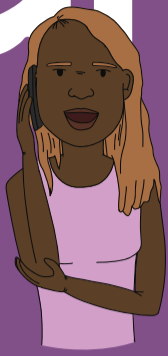
Prepare



Prepare your house



Prepare your devices and kit in case of a power outage



Prepare yourself



Prepare your medicines



Prepare your mob



Prepare your food



Prepare your clothes

Stay Cool



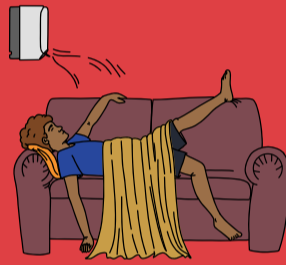
Keep hydrated



Be heatwave safe



Stay indoors



Sleep well



Look after pets

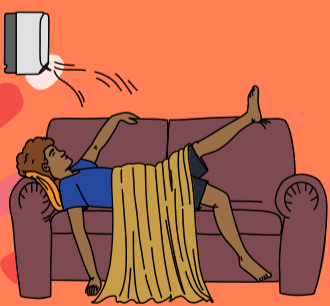


Look after you



Look after your mob

Recover



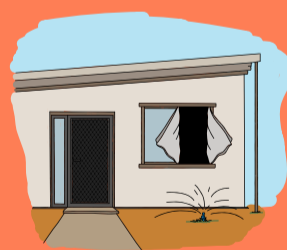
Rest



Check in with yourself



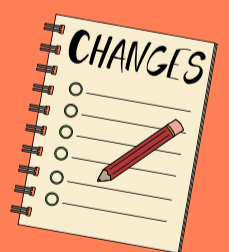
Keep hydrated if thirsty



Air out the house



Check in with your mob



Make changes

Stay cool you mob!



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