

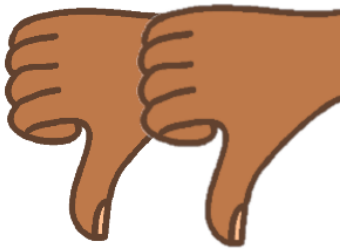


**It is hot.**

**Who can get sick?**



Hot weather can make you sick.



It can be very bad. You can die.



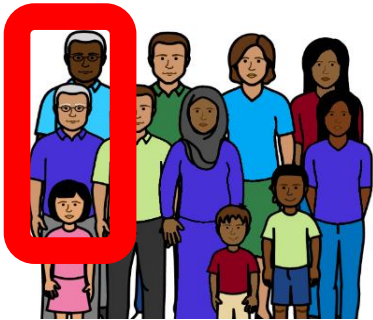
**Read**

It is hot. You can get sick. What can you do?



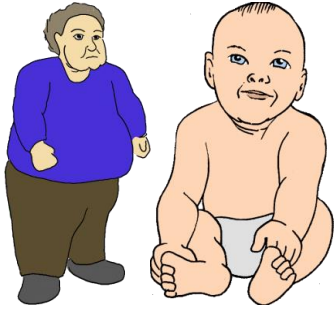
You can get sick.

**But**

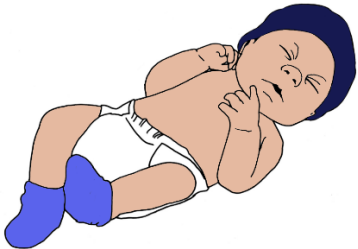


Some people

- get sick fast
- get very sick. It is more than other people.



## Who can get sick fast?



Young children. Like a

- baby
- young child. They may be 2 years old.



You are having a baby.

Or



You breast feed.



You are more than 65 years old.

You may live by yourself.



You are fat.

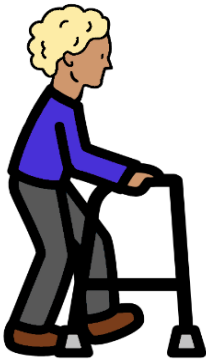


You spend a lot of time out side. It may be for

- work
- sport.



**Other people who get sick fast**



You have a disability. You may use a

- walker
- cane
- wheel chair.

**Or**



It may be hard to

- hear
- see
- remember things.

Or



You drink lots of

- beer
- wine
- mixed drinks.

Or



You take drugs.

They are **not** from your doctor.

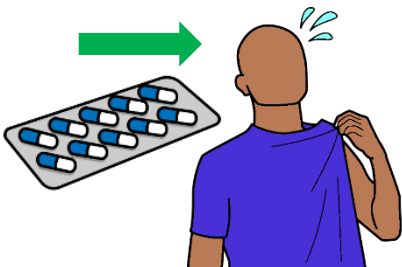


**Other people who get sick fast**



You are sick. Like you have a problem with

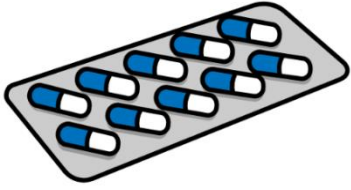
- your heart
- your lungs
- or**
- your brain.



You take pills. They are from your doctor.

Some pills can make you feel very hot.





It may be pills

- for an allergy. Like hay fever
- for fits. You may call them seizures
- to help you pee
- to help your heart slow down.



It can be pills for your mental health.

**Or**



You may be new to Australia.

You came from a cold place.

Like a place where it snows.

You are **not** used to the heat.

You may **not** know how to stay cool.

## Images

We can use these images. They are from



- Change People
- Inspired Services
- The Noun Project
- Tobii-Dynavox.



This fact sheet is based on Knox City Council resources: **Prepare for Extreme Weather** and **Eating in Extreme Weather**.



Access  
Easy English

Access Easy English wrote the Easy English.

October 2023.