

knox



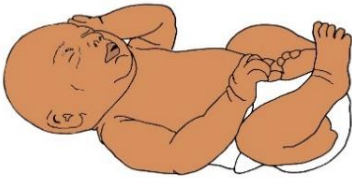
It is hot. Your baby.

Blank page



It is hot. You must keep your baby

- fed
- cool
- safe.

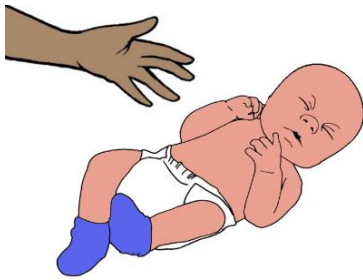


Your baby can get sick.

It can be very fast.



How to keep your baby cool

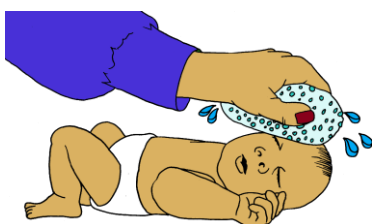


Touch your baby. Their skin feels hot.



Give them a bath. Use cool water.

Do it any time they feel hot.



You can wipe them with a cool wet

- cloth
- sponge.



Your baby is **more** than 6 months old.



You can use a water spray.

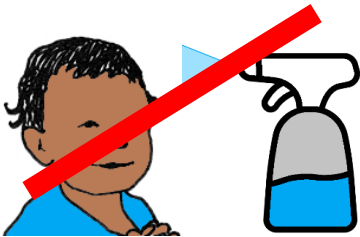


You can spray on their

- back
- arms
- legs
- tummy.



You can spray on their head.



Do **not** spray in their face.

Blank ½ page



Your baby is young.

They are **less** than 7 months old.

You feed them with

- a bottle
- your breast.

They do **not** eat food.



They do **not** need water.

But

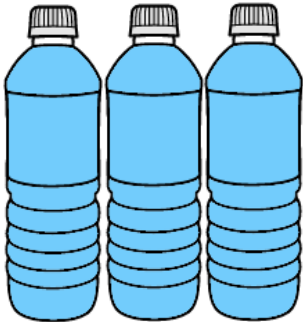
They need more feeds.

They may drink less milk at each feed.





You breast feed



Drink 3 litres of water each hot day.

It is the same as 3 **big** bottles.



You are breast feeding.



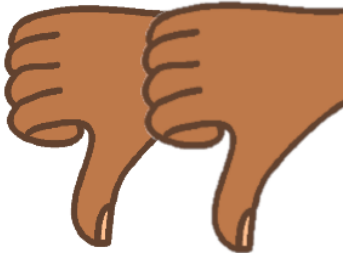
You need to drink water each time.

Drink 250 ml. It is the same as 1 cup.



You hold your baby to feed them. It is very hot.

You feel hot. Your baby is hot.



You do **not** feel good.

Your baby does **not** feel good.



Wet a cloth with cool water.



Put it in your elbow.

Put it between you and your baby.

Or



Put a cloth between you and your baby. Like a

- clean cloth nappy
- pillow case
- baby wrap.

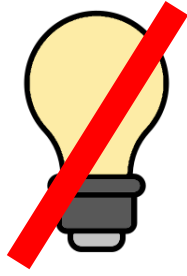
Or



You can lie down. You lie on your side.

Your baby lies in front of you.

Blank page

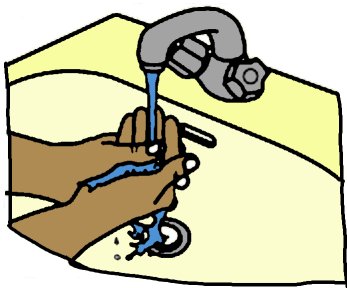


The power is off

You may **not** have clean water.



You feed your baby with a bottle.



You need water to

- wash your hands
- wash bottles
- make baby formula.



Each person needs 4 litres each day.

It is the same as 4 **big** bottles.



Get this water now.

Use it when you do **not** have clean water.

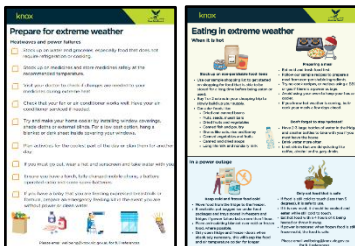
Blank ½ page

Images

We can use these images. They are from



- Change People
- Inspired Services
- The Noun Project
- Picto Selector.



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.