



In memory of Haim & Betty Gordon

# CHEVRA HATZOLAH MELBOURNE

## HINTS FOR THE HOT WEATHER

**Keep out of the heat –  
look for shade and wear a  
hat**



**Drink enough water**



**Naturally cool your home –  
close windows/blinds in  
the daytime**



**Make sure medications  
are stored at the  
recommended  
temperature**



**Check on people who may  
struggle in the heat**



**Help people who are  
feeling unwell.**



***IN A MEDICAL EMERGENCY  
CALL HATZOLAH 9527 5111***

**Chevra Hatzolah Administration:**

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