

Banisim yu yet

Bikpela taim nogut bilong hot i ken bagarapim yu

Yu mas:



Dring wara

Olgeta 15–20 minit
taim yu wok.



Sekim kala bilong pispis bilong yu

Em i mas nogat strongpela
kala o em i mas gat
lait yelo kala.



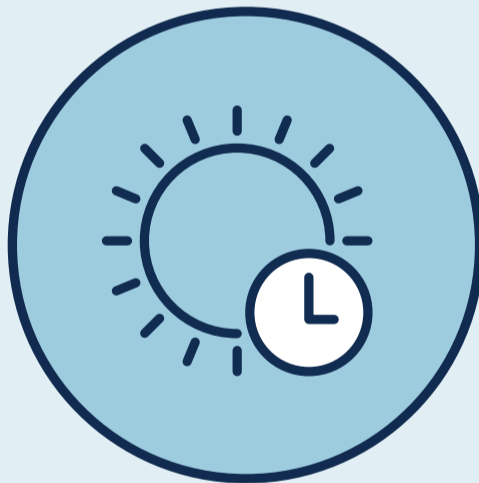
Werim samting bilong banisim yu long san

Klos we i no mekim
yu hot, putim hat long
het wantaim SPF 30+
sanskrim na sanglas.



Malolo na larim bodi bilong yu i kisim win na kul-daun

Kisim malolo aninit long
seid na yusim ol wet tawel
long kolim bodi o waswas.



Wok long ol aua bilong de we ples i save kol

Sapos yu ken, orait wok
long ol eli aua bilong
moning o avinun tru.

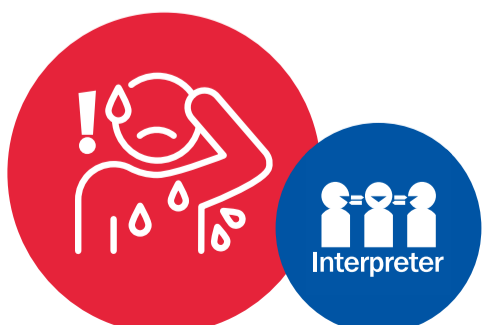


Putim ol marasin na kaikai long ples we i seif

Putim ol insait long wanpela
ples we i no hot na i stap
longwe long lait bilong san.

Sapos yu no pilim gut taim ples i hot, kolim bodi bilong yu wantu tasol!

Hitstrok em taim bodi bilong yu i no inap long kul-daun. Dispela em i bikpela samting. Kisim medikel helpim wantu tasol o ringim **Triple Zero (000)**. Yu ken askim long wanpela intapreta na dispela sevis em i fri.



Save long ol dispela sain bilong

Hitstrok



Hitstrok em taim bodi bilong yu i no inap long kul-daun.

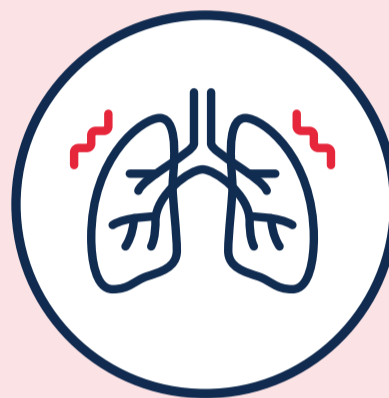
Yu ken:



Pilim paul



Painim hat long toktok



Pulim win hariap hariap

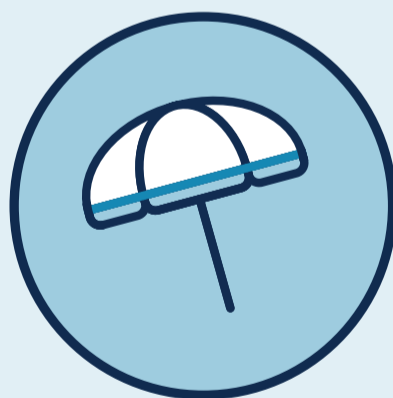


Hat bit bilong yu bai i ron hariap

Sapos yu no pilim gut taim ples i hot:



Kisim malolo



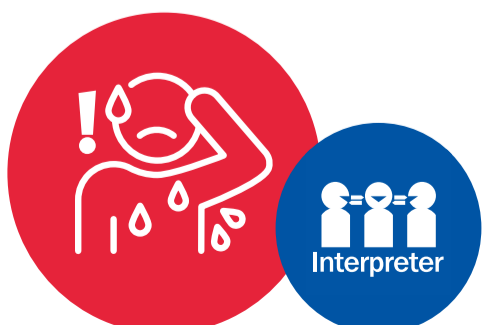
Painim wanpela seid ples



Dring wara



Waswas long kolim bodi bilong yu



Sapos yu no pilim gut yet, orait ringim Triple Zero (000)!

Hitstrok em i bikpela samting.

Kisim medikel helpim hariap o ringim **Triple Zero (000)**.

Yu ken askim long wanpela intapreta na dispela sevis em i fri.



Queensland Government