

Save long ol dispela sain bilong **Hitstrok**



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

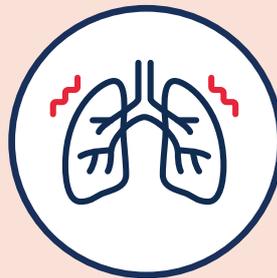
Yu ken:



Pilim paul



Painim hat long toktok



Pulim win hariap hariap

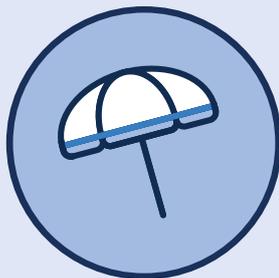


Hat bit bilong yu bai i ron hariap

Sapos yu no pilim gut taim ples i hot:



Kisim malolo



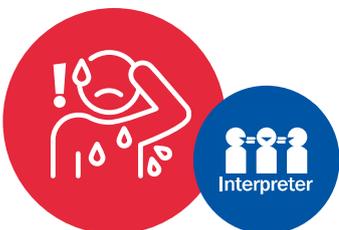
Painim wampela seid ples



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 wampela intapreta na dispela sevis em i fri.

Banisim yu yet

Bikpela taim nogut bilong hot i ken bagarapim yu

Yu mas:



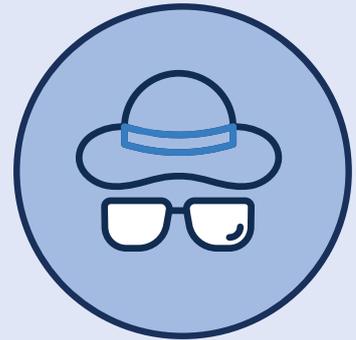
Dring wara

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.



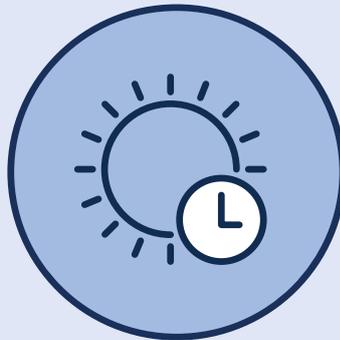
Werim samting bilong banisim yu long san

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



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

Kism 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. Kism medikel helpim wantu tasol o ringim **Triple Zero (000)**. Yu ken askim long wanpela intapreta na dispela sevis em i fri.

