

How to cope in hot weather

Remember to...

Stay hydrated and keep cool

- Drink plenty of fluids and avoid excess alcohol
- Take a cool shower if you need to cool down.



Keep the home cool

- Keep your windows and blinds closed during the day to avoid letting sun and heat in.
- If it's safe and possible to do so, open windows at night time and turn off non-essential lights and electrical equipment.



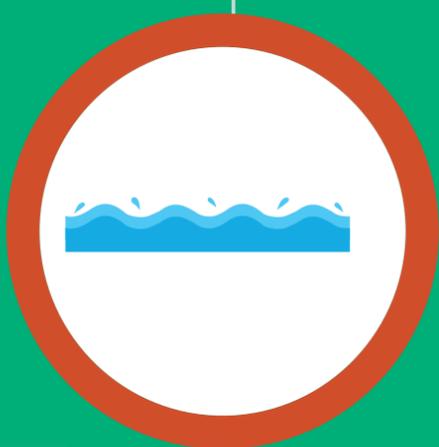
Check in on others

Check in on older or sick relatives, friends and neighbours every day during the hot weather to ensure they are OK and following the above advice.



Enjoy the water safely

During warm weather, the idea of going for a swim in open water can be very inviting, but it's important to take care and follow local safety advice if you do intend to go into the water to cool down, and always avoid swimming alone.



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Try and avoid...

Extreme physical exertion.

If you can't avoid strenuous outdoor activity, such as sport, DIY or gardening, try to keep it for cooler parts of the day, for example during the very early morning or later evening.



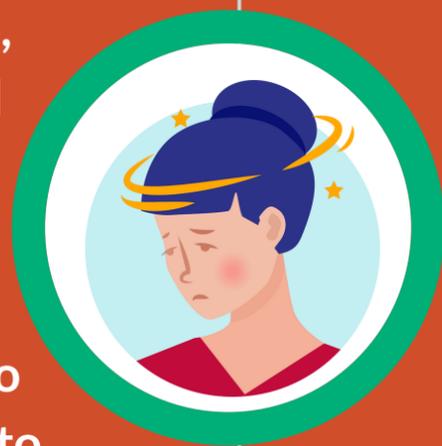
Sunburn

Stay out of the sun between 11am and 3pm, when UV radiation from the sun is at its strongest. If you have to go out in the heat, keep to the shade as much as possible, wear sun loose fitting but sun protective clothing, UV sunglasses and a hat and be sure to use a broad spectrum sunscreen (minimum SPF30) and reapply regularly, especially after swimming.



Heat exhaustion

If you start to feel weak, dizzy or confused, have a headache, become very thirsty, feel sick, clammy, experience cramping in your arms, legs or stomach or notice that your breathing or pulse have become fast, you may have heat exhaustion. It's important to cool down as quickly as possible, so move to a cool place and lie down, drink plenty of water and use a cold flannel to cool your skin, apply cold packs around your neck and armpits or take a cool shower.



Heat stroke

If you can't cool down and still feel unwell even after doing all of the above, if you're not sweating even while feeling too hot, have a temperature of 40C or above or feel very confused or drowsy, you may have heatstroke. Heatstroke can be very serious if not treated quickly, so call 999 straight away.

