

Staying cool in the hot weather

It is set to be very hot in the next couple of days and will remain hot for the next week or so.

Heat can be dangerous; it is important to keep yourself safe when out in the sun to prevent you from becoming ill.

Here are some ways to keep yourself safe:



What should I do?

- In extreme heat, don't go out! Stay inside, with windows open and curtains closed to help keep rooms cool
- If you go out, try and go out first thing in the morning or later in the evening when it is cooler
- Avoid lots of physical activity – this increases sweating and can lead to you becoming dehydrated
- If outside, stay in the shade
- Slow down – the more you do, the more tired you feel and this can make you feel unwell in hot temperatures



What should I wear?

- When outside, wear loose fitting, lightweight, 'breathable' clothing to help keep cool
- Wear a hat or use an umbrella to give you shade
- Wear sunscreen – UV radiation in sunlight can burn your skin with as little as 15 mins of exposure – wear a high factor (Factor 30 or higher) and either cover up or stay outside for short periods.



Other precautions

- Stay hydrated – keep a bottle of water with you at all times and drink regularly to help cool you down and remain hydrated
- Run your feet and wrists under cold water - don't dry your hands and feet (dry your soles so you don't slip!), but let the heat evaporate the water as this has an extra cooling effect
- If you feel unwell, let someone know – they can help you to get water/rest until you feel better or get further help

