

Beat the Heat

Keep in touch

Look after yourself, older people and the young

Listen to the weather forecast and the news

Plan ahead to avoid the heat

Keep well

Drink plenty of fluids and avoid excess alcohol

Dress appropriately for the weather

Slow down when it is hot

Find somewhere cool

Know how to keep your home cool

Go indoors or outdoors, whichever feels cooler

Cars get hot, avoid closed spaces

Watch out

Be on the lookout for signs of heat related illness

Cool your skin with water, slow down and drink water

Stay safe when swimming

Get help. Call NHS 111 or in an emergency 999