

Staying safe when it is hot

How to stay safe in hot weather.



Stay in the shade between 11am and 3pm.



Close any windows or curtains that are facing the sun, to stop the sun heating the room.



Drink lots of water, and don't drink too much alcohol.



Eat salad and fruit.



Wear a hat and sunglasses outside.

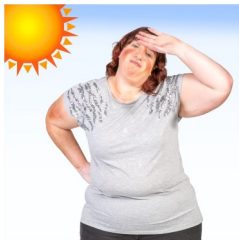


Wear loose clothes, like shorts and t-shirts.



Put sun cream on.

Heat Exhaustion



Heat Exhaustion is when your **body gets too hot** and cannot cool down.

Symptoms of **Heat Exhaustion** are:



- tiredness
- weakness
- feeling faint
- headache
- muscle cramps
- feeling or being sick
- Sweating lots
- extremely thirsty, your mouth feels dry and you are desperate for a drink



If you have **Heat Exhaustion** try to cool down.

Move to a colder place, like the shade.

Drink cold drinks, no alcohol.

Remove clothing like coats, jumpers and socks.

Try to cool down by spraying water on your skin.

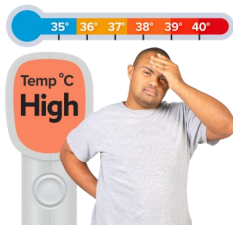
Use a fan.

Use a cold flannel or ice pack on your skin.



If you feel more unwell call your doctor or 111

Heatstroke



Heatstroke is when your body gets dangerously hot, and **cannot cool down. It is an emergency.**

Symptoms of **Heatstroke** are:



- Headache
- Being Sick
- Confusion
- Dizziness or fainting
- Fast heartbeat or breathing
- Hot skin, but no sweat
- Seizures



999

This is an emergency! Call 999!



When you wait for the ambulance, **try to keep cool.**

Move to a colder place, like the shade.

Drink cold drinks, no alcohol.

Remove clothing like coats, jumpers and socks.

Try to cool down by spraying water on your skin.

Use a fan.

Use a cold flannel or ice pack on your skin.

