

# How to stay safe in hot weather



plan ahead to avoid the heat



drink plenty of fluids and avoid excess alcohol



close blinds and curtains during the day



wear sunscreen, a hat, and sunglasses



avoid closed spaces like stationary cars



schedule activities to cooler times of the day



look after yourself and check in with others



Be on the look out for signs of heat exhaustion and heatstroke



cool your skin with water and slow down



go indoors or outdoors, whichever feels cooler

## Things you can do to cool someone down

You should start to cool down and feel better within 30 minutes.

If you are concerned about symptoms, or they are worsening, seek medical advice by contacting NHS 111. In an emergency, or if you think someone has heatstroke, dial 999.



move to a cooler place



drink cool water, or eat cold foods



remove all unnecessary clothing



stay with them until they're better



apply cool water to exposed skin



get them to lie down and raise their feet slightly