

# It's Hot Hot Hot



The glorious hot weather presents a particular risk to people who are less able to recognise or avoid the dangers of excess heat. Please take practical steps and sensible precautions.

**Be proactive** in looking out for risks and continuously encourage people to take sensible precautions, however much they love the sun. Be particularly vigilant for any signs of heat exposure and seek urgent medical help from a GP or the 999 service as appropriate.

Here are some suggestions from the latest Government heatwave guidance

## **Stay out of the heat:**

- ✓ Keep out of the sun between 11:00am and 3:00pm;
- ✓ If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf;
- ✓ Avoid extreme physical exertion;
- ✓ Wear light loose-fitting cotton clothes.

## **Cool yourself down:**

- ✓ Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks;
- ✓ Eat cold foods, particularly salads and fruit with a high water content;
- ✓ Take a cool shower, bath or body wash;
- ✓ Sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck



## Keep your environment cool:

- ✓ Keeping your living space cool is especially important for infants, the elderly or those with chronic health conditions or who can't look after themselves;
- ✓ Place a thermometer in your main living room and bedroom to keep a check on the temperature;
- ✓ Keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped;
- ✓ Close curtains that received morning or afternoon sun. However, care should be taken with metal blinds and dark curtains, as these can absorb heat – consider replacing or putting reflective material in-between them and the window space;
- ✓ Turn off non-essential lights and electrical equipment – they generate heat;
- ✓ Keep indoor plants and bowls of water in the house as evaporation helps cool the air;
- ✓ If possible, move into a cooler room, especially for sleeping;
- ✓ Electric fans may provide some relief if temperatures are below 35°C (At temperatures above 35°C fans may not prevent heat related illness. Additionally fans can cause dehydration. Advice is to place fan at a distance to people not directly on the body and to have regular drinks.

## Look out for others:

- ✓ Keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool;
- ✓ Ensure that babies, children or elderly people are not left alone in stationary cars. That includes your pets!;
- ✓ Check on elderly or sick neighbours, family or friends every day during a heatwave;
- ✓ Be alert and call a doctor or social services if someone is unwell or further help is needed.

## If you have a health problem:

- ✓ Keep medicines below 25°C or in the refrigerator (read the storage instructions on the packaging)
- ✓ Seek medical advice if you are suffering from a chronic medical condition or taking multiple medications

## If you or other feel unwell

- ✓ Try to get help if you feel dizzy, weak, anxious or have intense thirst and headache; move to cool place as soon as possible and measure your body temperature;
- ✓ Drink some water or sugar-free squash to rehydrate;
- ✓ Rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms or abdomen, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes;
- ✓ Medical attention is needed if heat cramps last more than an hour;
- ✓ Consult your doctor if you feel unusual symptoms or if symptoms persist.