



# Staying Safe in the Heat: What You Can Do



How can we keep ourselves and our friends, families, and neighbours safe during a heatwave?

## 🧑🏻 Look out for Others

Particularly those who are...

Over 65

Under 5



Pregnant



Living in areas with limited green space and tree cover

Living alone

Experiencing homelessness

Less able to easily adapt to the heat (eg due to dementia, mental health issues, substance abuse issues)



Working outdoors



Furry friends - pets like dogs

## 🧑🏻 General Safety Tips

- Aim to stay out of the sun 11am - 3pm
- Apply sunscreen, wear hats and sunglasses
- Plan physical activities for cooler times like early morning or evening
- Check [air quality](https://www.tinyurl.com/airqualityguidance) and guidance: [tinyurl.com/airqualityguidance](https://www.tinyurl.com/airqualityguidance) - air quality can become worse during hot weather, particularly affecting those with asthma and other breathing issues

For more guidance



## 🧊 Cool Down & Stay Hydrated

- Find your local [Cool Space](https://www.tinyurl.com/coolspacesnearme): [tinyurl.com/coolspacesnearme](https://www.tinyurl.com/coolspacesnearme)
- Drink plenty of water (limit sugary drinks which can dehydrate you) and eat ice lollies
- Open windows when the air outside feels cooler than air inside
- Cover windows exposed to direct sunlight (for a makeshift solution you can use a bedsheet)
- Use a damp cloth on your neck and armpits
- Make the most of shade and local [green spaces](https://www.tinyurl.com/greenspacenearme): [tinyurl.com/greenspacenearme](https://www.tinyurl.com/greenspacenearme)

## 🚨 Know the Warning Signs

### Heat Exhaustion (Cool Down ASAP)

Tiredness, weakness, dizziness, heavy sweating, muscle cramps, feeling sick, intense thirst

### Heatstroke (EMERGENCY – call 999):

Confusion, fast heartbeat/breathing or shortness of breath, hot & dry skin with no sweating, seizures, collapse

