

Keeping safe and healthy in hot weather

If your body gets too hot, you can become unwell. This can affect anyone, but you are more at risk if you are very young, have a health condition, are pregnant, or are over 65.

Ready yourself for hot weather



Learn the signs of heat-related illness and how to respond



Ensure you have enough medication and know how to store it in hot weather



Know where you can go to cool down.

To find welcome places near you scan the QR code or visit <https://arcg.is/1SK99P3>

Reduce your risk of overheating



Close curtains, turn off heating and unplug electrical items



Check fridges, freezers, fans and air conditioning units are working



If you are at high risk, ask your doctor how to cope

Respond when hot weather occurs



Keep out of the heat as much as possible



Keep yourself covered, drink plenty and use sunscreen



Look out for signs of overheating in yourself and others

For more information, go to www.NHS.uk/heatwave

Keeping safe and healthy at school in hot weather

When it gets hot it can be harder to learn, and there's a risk of getting ill if your body gets too hot. This can affect everyone, but you are more at risk if you are young, have a health condition, are pregnant, or are over 65. Below are some tips to help you keep safe and healthy when temperatures increase.

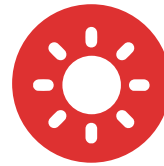
Reduce your risk of overheating



If you are at high risk from heat, know what to do



Do less intense exercise and movement in hot weather



Know if the weather is expected to be hot

Ready yourself for hot weather



Have a hat, sunscreen and water bottle with you



Know where you can go to cool down



Learn the signs of heat-related illness

Respond when hot weather occurs



Stay in the shade as much as possible



Drink plenty, use sunscreen and wear a hat



Look out for signs of overheating in others

For more information, go to www.NHS.uk/heatwave

Signs of heat-related illness

Heat-related illness can affect anyone, however those with underlying health conditions, children, pregnant women and those over 65 are more at risk. If left untreated, heat-related illnesses can be fatal, so it is important to know the symptoms and actions to take.

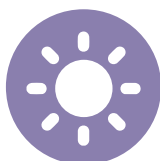
Heat exhaustion

Symptoms:

- Irritability
- Tiredness
- Dizziness
- Nausea
- Vomiting
- Excessive sweating
- Pale clammy skin

Actions:

- Move person to a cool area
- Encourage them to drink cool water
- Cool them quickly using cold packs, cool wet cloths and fans
- If condition worsens, call NHS 111



Heatstroke

Symptoms:

- Confusion or lack of co-ordination
- Seizures (fits)
- Loss of consciousness
- High body temperature (above 40°C)
- Red, hot skin that can be sweaty or dry
- Fast heartbeat
- Fast shallow breathing
- Diarrhoea

Actions:

- **Heatstroke is a medical emergency – call 999 immediately**
- Move person to a cool area
- Cool them quickly using cold packs, cool wet cloths and fans

For more information, go to www.NHS.uk/heatwave