

# Are you ready for summer?



Turn over to read our useful tips for staying cool this summer

**#StayHydrated**



Always follow the advice of your GP. These tips do not replace any advice from your GP.



- **Keep your home cool:** close shades/blinds, light coloured curtains are also a good alternative.
- **Avoid the heat:** the hottest point of the day is between 11am – 3pm, if you are vulnerable to heatwave conditions try to stay out the sun during these times.
- **Keep your body temperature down:** have cool baths & showers and cool down with water, rest in the coolest part of the home.
- **Stay hydrated:** drink cold water regularly, diluted fruit juice is also a good alternative but try to avoid excessive alcohol and caffeine.
- **Stay alert:** keep an eye on the weather forecast and listen out for alerts on the radio, TV and even social media.
- **Plan:** if you have to go out, make sure you are prepared with food, water, sun cream and any medication you may require.
- **Community:** check up on relatives, friends or neighbours who may be more vulnerable in warm conditions.
- **Appropriate clothing:** loose, light clothing is best for these conditions, be prepared with a hat and sunglasses for outdoors too.

Livewell NHS suggest if you're worried about yourself or a vulnerable neighbour, friend or relative, to contact the local environmental health office at your local authority. Environmental health workers can visit a home to inspect it for hazards to health, including excess heat. Visit GOV.UK to find your local authority.

