

# Staying well in hot weather

## Stay out of the heat



Keep out of the sun between 11am and 3pm

### If you can't avoid going out:



Stay in the shade, apply sunscreen, wear a wide-brimmed hat and sunglasses



Avoid or limit extreme physical exertion



Wear lightweight, loose-fitting, light-coloured clothing

## Remember to cool down



Have plenty of cold drinks and avoid alcohol, caffeine and hot drinks



Eat cold foods, particularly those with high water content – avoid excess alcohol

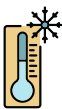


Have cool baths or showers



Sprinkle water over skin or clothing, or keep a damp cloth on the back of the neck

## Keep a cool environment



Move to a cooler part of the house, especially for sleeping



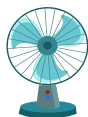
Close blinds and curtains on windows exposed to the sun closed during the day, and open windows at night when the air feels cooler



Turn off non-essential lights and electrical equipment

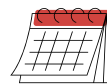


Go outside if it is cooler outside in the shade



Electric fans may provide some relief, if temperatures are below 35°C

## Keeping medicines safe



Plan ahead to make sure you have enough of the medicines you need



Always keep medicines in their original packaging to protect them



Keep medicines below 25°C or in the refrigerator (read the storage instructions on the packaging or leaflet)



Ask your pharmacist if you are unsure about anything

# What to do if you or someone else feels unwell

If heat exhaustion isn't spotted and treated early on, there's a risk it could lead to heatstroke. Untreated heatstroke can be fatal.

Seek help from a GP or contact NHS 111 if someone is feeling unwell and shows symptoms of:

- **tiredness/weakness**
- **confusion/dizziness**
- **headache**
- **feeling or being sick**
- **excessive sweating and pale/clammy skin or getting a heat rash**
- **cramps in the arms, legs and stomach**
- **fast breathing or heartbeat**
- **a high temperature being very thirsty**

Some medicines can make you more vulnerable to the heat. Please discuss this with your pharmacist.

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## Things you can do to cool someone down

Follow these 4 steps:



Move them to a cool place



Remove all unnecessary clothing like a jacket or socks



Get them to drink a sports or rehydration drink, or cool water



Cool their skin – spray or sponge them with cool water and fan them. Cold packs, wrapped in a cloth and put under the armpits or neck are good too