

TIPS FOR COPING IN HOT WEATHER



*HOW TO KEEP SAFE AND
STAY COOL*

When it's very hot outside, shut windows and pull down the shades or draw the curtains. You can open the windows for ventilation when it is cooler.

Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.

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Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).

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Have cool baths or showers, and splash yourself with cool water.



Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.

Listen to alerts on the radio, TV and social media about keeping cool.



Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.

Identify the coolest room in the house so you know where to go to keep cool.



Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.

Check up on friends, relatives and neighbours who may be less able to look after themselves.

Most of all keep hydrated.



Thank you for listening

Any questions?