

Health and well being

Heat and sun

Tips for keeping safe during a heat wave

- Ensure that you drink plenty of fluids such as water and fruit juices and avoid drinking tea, coffee and alcohol.
- Try to keep your house cool, closing curtains and blinds might help
- Stay cool by taking cool showers or baths and by splashing yourself with water on a regular basis
- Avoid taking part in strenuous exercise which may cause heat exhaustion
- Eat normally
- At night time try to keep your bedroom well ventilated.



If you need to go out in the sun

- If you do need to go out try and avoid the hottest time of the day which is between 11am to 3pm)
- If you do need to go out ensure that you apply sun protection cream that is appropriate for your skin and that is applied regularly throughout the day
- Wear loose fitting clothing and a hat
- If driving, ensure that your vehicle is well ventilated and take plenty of water with you.



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