Beat the Heat

Keep in touch

- Look after yourself, older people and the young
- Listen to the weather forecast and the news
- Plan ahead to avoid the heat

Keep well

- Drink plenty of fluids and avoid excess alcohol
- Dress appropriately for the weather
- Slow down when it is hot

Find somewhere cool

- Know how to keep your home cool
- Go indoors or outdoors, whichever feels cooler
- Cars get hot, avoid closed spaces

Watch out

- Be on the lookout for signs of heat related illness
- Cool your skin with water, slow down and drink water
- Stay safe when swimming
- Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave