Beat the Heat
Coping with heat & COVID-19

Stay cool at home

Many of us will need to stay safe at home this summer
Know how to keep your home cool
Look out for others safely, follow COVID-19 guidance

Stay cool, keep well

Drink plenty of fluids and avoid excess alcohol
Slow down when it is hot
Stay connected, listen to the forecast

Cooler, safer places

Go indoors or outdoors, whichever feels cooler
Self-isolate at home if advised to do so
Use cool spaces considerately, keep your distance

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