Stay cool at home

- Some of us will spend more time at home this summer
- Know how to keep your home cool
- Look out for others safely, check latest 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

- Find somewhere cool to rest, indoors or outdoors
- Self-isolate at home if advised to do so
- Use cool spaces considerately, keep your distance

Watch out

- Be aware of 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