

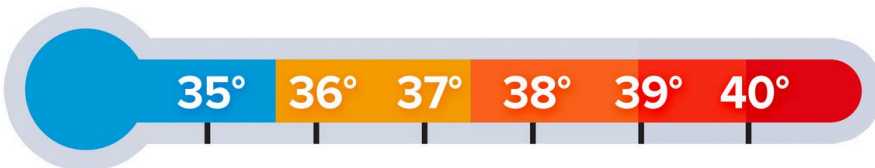
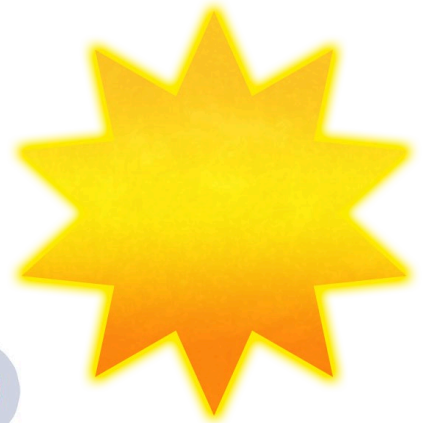


UK Health  
Security  
Agency

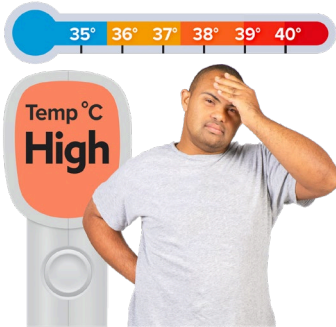


# Beat the heat: staying safe in hot weather

Easy Read booklet



# About hot weather



**Our weather is getting warmer. In July 2022, temperatures reached 40°C for the first time.**



Hot weather can make people unwell. It can also make an existing health problem worse.



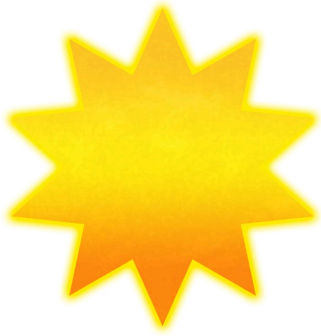
It also causes:

- heat exhaustion
- heatstroke



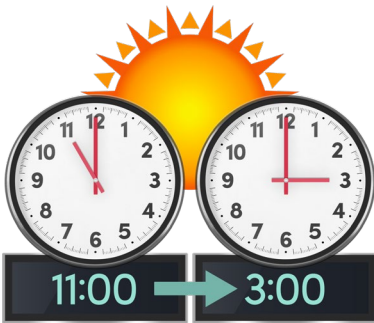
Be prepared. Watch the news and weather forecasts for information.

# Protect yourself from the sun



It is important to prevent yourself from getting too hot.

Here are some things you can do:



- stay in the shade between 11am and 3pm



- wear loose clothes, a wide-brimmed hat and sunglasses

- drink lots of water, and don't drink too much alcohol



- use lots of sunscreen

Check that the bottle says **30+ UPF**. A number bigger than 30 is even better.

# How to cool down



**If you get too hot, there are things you can do to cool down:**

- move to somewhere cooler
- take off extra clothes, like a jacket or socks
- drink cold drinks or eat ice lollies
- spray your skin with cold water
- put a cold pack under your arms or on the back of your neck
- close any windows or curtains that are facing the sun



# People at risk



**Some people are more likely to be ill because of hot weather.**

People who:



- are over 65 years old

- are 5 years old or younger

- have long-term health conditions



- are pregnant

- live alone, are homeless, or need help to look after themselves



- have dementia, mental , drug or alcohol addiction

- are at home during the hottest 5 part of the day

# Heat exhaustion



**Heat exhaustion is when the body overheats. It is not usually an emergency.**

## Symptoms of heat exhaustion

- feeling tired, weak or faint
- headache
- muscle cramps
- feeling or being sick
- heavy sweating
- intense thirst



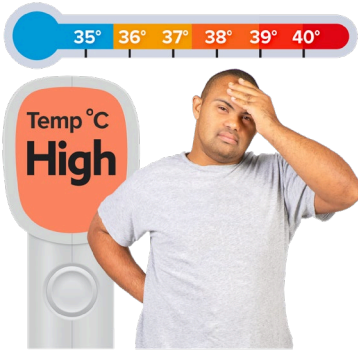
**Cool down as soon as you can.**

Follow the tips on page 4.



If the person does not cool down, heat exhaustion can turn into heatstroke.

# Heatstroke



Heatstroke happens when the body cannot cool down. It can be very dangerous.

## Symptoms of heatstroke



- confusion
- lack of coordination, for example, finding it hard to walk or pick things up
- fast heartbeat or breathing
- hot skin, but no sweat
- seizures



**999**

**This is an emergency!**

**Call 999!**

Then, try to cool the person down.

# Stay safe when swimming



**Swimming in the sea, rivers or lakes can seem like a good way to stay cool. It can also be dangerous!**



- look for warning signs, and only swim where there are lifeguards
- don't swim away from the beach
- never swim after drinking alcohol
- get out as soon as you feel cold - open water can give you cold water shock
- wear a life jacket if you are boating or fishing
- always swim with another person so you can help each other

# Help and advice



## Links to health information

[Beat the heat](#)

[Heat exhaustion and heat stroke](#)

[Sunscreen and sun safety](#)

[Keeping your baby safe in the sun](#)



## Links to more information and support

Mental health: [Every Mind Matters](#)

If you are worried about a friend, neighbour or family member:  
[contact your local council](#)



Safe swimming:  
[Royal Life Saving Society](#)