

Summer Heatwave

During a heatwave people and animals are at risk from the effects of high temperatures. Here are some ways to reduce the risk:

- Apply high-factor sun-screen regularly during the day.
- Try to keep your house cool. Closing blinds and curtains can help.
- Keep your bedrooms well ventilated.
- Take cool (not cold) showers or baths, or sprinkle yourself with water throughout the day.
- Wear lightweight, loose and light-coloured clothing and a wide-brimmed hat.
- Drink plenty of fluids, but not alcohol or caffeine, which dehydrate the body.
- If you're driving, keep your vehicle ventilated to avoid drowsiness.
- Take regular breaks and keep plenty of water in the vehicle.
- Try to avoid going out during the hottest part of the day (11.00 am - 3.00 pm).
- Avoid being in the sun for long periods.
- Check on vulnerable neighbours daily.
- Avoid excessive physical activity (it can cause heatstroke or heat exhaustion).
- Restrict physical activity to the cooler periods at the start and end of the day.
- Make sure that babies, children, elderly people or animals are not left alone in stationary cars.
- Be alert and call the health services if someone is unwell or further help is needed.
- Contact your GP or the NHS by dialling 111.
- To keep up to date with the latest forecast and for information about heatwave, alerts visit [metoffice.gov.uk](https://www.metoffice.gov.uk).