

How to cope in hot weather

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die.



If hot weather hits this summer, make sure it does not harm you or anyone you know.

The main risks posed by a heatwave are:

Not drinking enough water (dehydration) overheating, which can make symptoms worse for people who already have problems with their heart or breathing.



Tips for coping in hot weather

- Keep out of the heat if you can.
- If you must go outside, stay in the shade especially between 11am and 3pm,
- Wear sunscreen, a hat and light clothes,
- And avoid exercise or activity that makes you hotter.



- Cool yourself down.
- Have cold food and drinks,
- Avoid alcohol, caffeine and hot drinks,
- Have a cool shower or put cool water on your skin or clothes.



- Keep your living space cool.
- Close windows during the day and open them at night when the temperature outside has gone down.
- Electric fans can help if the temperature is below 35 degrees.
- Check the temperature of rooms, especially where people at higher risk live and sleep.

