

Keeping yourself safe in the warm weather

If you're an older or more vulnerable person, then you can become ill during very hot weather. Your health can be seriously affected by:

- dehydration
- heat exhaustion and heatstroke
- sunburn

Be prepared!

- If hot weather is forecast for your area, you should monitor the situation by checking the weather alerts or local news
- Find out what to do if essential services such as energy, water or transport are affected. If you are classed as vulnerable then you can apply to be on your energy company's priority register.



Staying safe in the sun

- Wear a wide-brimmed hat and sunglasses to protect your face, eyes, head, ears and neck from the sun
- Wear lightweight, loose-fitting, light-coloured clothes
- If going outdoors, consider clothes such as a long-sleeved shirt, trousers, or long skirts in close-weave fabrics to absorb sweat and prevent skin irritation as well as protect from the sun
- Apply sunscreen generously and reapply frequently. Check it is in date before using
- Be aware that plastic pads and mattresses can make you warmer during hot weather and consider alternatives if possible

Keeping cool

- Use electric fans if the air temperature is below 35°C, but do not aim the fan directly at your body as this can lead to dehydration
- If you need to carry out any physical activities, such as exercise or gardening, plan to do these during the morning or evening when it is cooler
- Small closed spaces, including stationary cars, can get dangerously hot very quickly. Open windows/doors if possible and minimise any time that you spend there
- Stay in the coolest parts of your house as much as possible
- Go outside if it is cooler in the shade, or consider moving to a cooler part of the house, especially for sleeping, if possible.

Stay hydrated

- Drink enough so that your wee is a pale straw colour
- Limit fruit juice, smoothies, and soft drinks, which can be high in sugar and dehydrate the body. Instead swap for diet and sugar-free varieties or squash.



Medications

- Most medicines should be kept below 25°C, so they should be stored somewhere cool, dry, out of direct sunlight and away from windowsills
- Medicines should only be stored in the fridge if specified
- Some medications may increase the risk of harmful effects on your health during hot weather. If you are concerned, please speak to your pharmacist or GP .

