



Heat-wave advice

Heat-waves are prolonged periods of excessive heat. Excessive exposure to the sun and high temperatures can cause serious illness and can also kill. Older people, the very young and people with pre-existing medical conditions are at the greatest risk. You can protect yourself and others by following the tips below:

Tick when
complete

Keep yourself cool

- Keep out of the sun between 11:00am and 3:00pm.
- If you have to go out, walk in the shade, wear a hat, sun screen and sunglasses.
- Drink plenty of cold drinks and avoid alcohol, hot drinks and caffeine.
- Take a cool shower, bath or body wash, or place a damp cloth on the back of your neck.
- Wear light, loose fitting cotton clothes and avoid excess layers.
- Eat cold foods i.e. salads and fruits with a high water content.
- Eat small meals and more often but avoid foods that are high in protein.
- Avoid extreme physical exercise.
- Store medication below 25°C or in the fridge (read the instructions).

Keep your home cool

Tick when complete

- Keep living spaces cool. During a heat-wave rooms should be below 32°C during the day and below 24°C at night.
- Close curtains or blinds on windows that receive direct sun light.
- Close windows during the day but open at night when the air is cooler.
- Turn off as many lights and electrical appliances as possible.
- Hang wet towels or place a bowl of water in the room to keep the air cool.
- If possible move to a cooler room, especially for sleeping.
- Have your loft and cavity walls insulated - this keeps heat in when it's cold and heat out when it's hot.

Help others

- Check on family, friends and neighbours who spend a lot of time alone. Vulnerable people may need help when it's hot.
- Discuss with your family what to do during hot weather.
- If you or a person you know has a chronic medical condition or is taking medication, seek medical advice.

If you feel unwell

- Try and get help if you feel dizzy, weak, anxious, or have intense thirst and a headache. Move to a cool place and measure your temperature.
- If you have muscle spasms (especially in your arms, legs or abdomen), rest in a cool place and drink fluids. If they last more than one hour seek medical advice.

For further advice please contact us on 01642 243183 or email oneplanetmbro@menvcity.org.uk