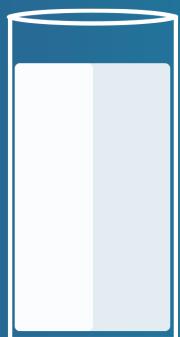
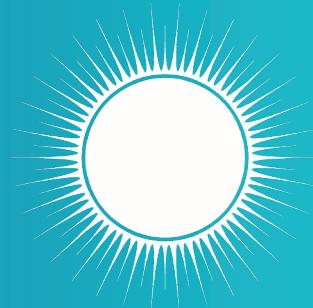


# Extreme Hot Weather Advice For The Public

There are lots of simple things you can do to protect yourself from the effects of too much heat & sun.

## STAY OUT OF THE HEAT

- **Try to stay indoors**, especially between midday and 3pm.
- **Avoid strenuous outdoor activities** such as sport, DIY or gardening. If this is not possible, do it during the cooler parts of the day.
- **Use sunscreens or sun blocks** to help prevent sunburn.
- **Cover up** with a t-shirt or other loose-fitting clothes.
- **Wear a hat** to shade your head and sunglasses to protect your eyes



## COOL DOWN

- **Drink plenty of water**, at least eight glasses a day. Avoid alcohol, tea and coffee as they can make you dehydrated
- **Take a cool bath or shower**, or splash your face with cold water to cool down

## KEEP YOUR ENVIRONMENT COOL

- **Turn off non-essential lights and electrical equipment** – they generate heat
- **Keep indoor plants and bowls of water in the house** - evaporation helps cool the air
- If possible, **move into a cooler room**, especially for sleeping
- **Electric fans may provide some relief**, but only use if necessary
- **Remain in the coolest parts** of the building as much as possible
- **Keep rooms shaded and cool** by closing blinds and curtains and opening windows

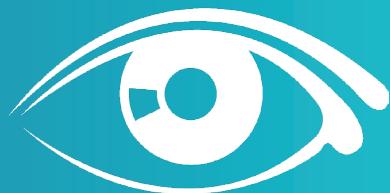


# Extreme Hot Weather Advice For The Public

Here is some simple advice on how you can look out for others and yourself during sustained periods of hot weather

## LOOK OUT FOR OTHERS

- **Keep an eye on isolated, elderly, ill or very young people** and make sure they are able to keep cool
- **Ensure that babies, children or elderly people are not left alone in stationary cars**
- **Check on elderly or sick neighbours, family or friends** every day if possible
- **Be alert** and call a doctor or social services if someone is unwell or further help is needed

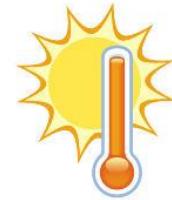


## IF YOU HAVE A HEALTH PROBLEM

- **Keep medicines below 25°C or in the fridge** (read the storage instructions on the packaging)
- **Seek medical advice if you suffer from a chronic health condition/take multiple medications**

## IF YOU OR OTHERS FEEL UNWELL

- **Try to get help** if you feel dizzy, weak, anxious or have intense thirst and headache
- **Move to a cool place as soon as possible** and measure your body temperature
- **Drink some water** or fruit juice to rehydrate
- **Rest immediately in a cool place if you have painful muscular spasms** (particularly in the legs, arms or stomach, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes
- **Medical attention is needed if heat cramps last more than one hour**
- Consult your doctor if you feel **unusual symptoms** or if symptoms persist



## Extreme Hot Weather: Advice for those looking after children

### Who is likely to be most affected?

- Children's susceptibility to high temperatures varies; those who are overweight or who are taking medication may be at increased risk of adverse effects
- Children under four years of age are also at increased risk
- Some children with disabilities or complex health needs may be more susceptible to temperature extremes
- The school nurse, community health practitioner, family health visitor or the child's specialist health professional may be able to advise on the particular needs of the individual child
- Support staff should be made aware of the risks and how to manage them

### Outdoors

- ✓ On very hot days (e.g. temperatures above 30°C) children should not take part in vigorous physical activity
- ✓ Children playing outdoors should be encouraged to stay in the shade as much as possible
- ✓ Loose, light-coloured clothing should be worn to help children keep cool and hats of a closed construction with wide brims should be worn to avoid sunburn
- ✓ Thin clothing or suncream should be used to protect skin if children are playing or taking lessons outdoors for more than 20 minutes. Choose a sunscreen that is specially formulated for babies and children's skin as these products are less likely to contain alcohol or fragrances that might irritate the skin and cause allergic reactions
- ✓ Children must be provided with plenty of cool water and encouraged to drink more than usual when conditions are hot

### Indoors

- ✓ Windows and other ventilation openings should be opened during the cool of early morning or preferably overnight to allow stored heat to escape from the building. Check insurance conditions and the need for security if windows are to be left open overnight
- ✓ Windows and other ventilation openings should not be closed, but their openings reduced when the outdoor air becomes warmer than the air indoors. This should help keep rooms cool whilst allowing adequate ventilation
- ✓ Use outdoor sun covers/awnings if available, or indoor blinds, but do not let solar shading devices block ventilation openings or windows
- ✓ Keep the use of electric lighting to a minimum
- ✓ All electrical equipment, including computers, monitors and printers should be switched off when not in use and should not be left in 'standby mode'. Electrical equipment, when left on, or in 'standby' mode generates heat

For more information visit the following websites:  
Public Health Wales Extreme Weather pages via

[publichealthwales.org/extreme-weather](http://publichealthwales.org/extreme-weather)