

# Health & Wellbeing

January – Beat the heat



## Drink more water

- ✓ Drink plenty of water, even if you don't feel thirsty.
- ✓ Keep a full drink bottle with you.
- ✓ Take small sips of water frequently.
- ✓ If your doctor normally limits your fluids, check how much you should drink during hot weather.



## Never leave anyone in a car

- ✓ Never leave kids, adults or pets in cars – the temperature can double in minutes.



## Stay somewhere cool

- ✓ Spend as much time as possible in cool or air-conditioned buildings.
- ✓ Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- ✓ Block out the sun at home during the day by closing curtains and blinds.
- ✓ Open the windows when there is a cool breeze.
- ✓ Stay out of the sun during the hottest part of the day.
- ✓ If you must go out, wear a hat and sunscreen and take a bottle of water with you.

- ✓ Wear light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- ✓ Eat smaller meals more often and cold meals such as salads.
- ✓ Avoid intense activity like exercise, renovating and gardening.
- ✓ Don't forget your pets – a wet towel to lie on, a place next to a fan and plenty of fresh water work just as well for animals.



### Plan ahead

- ✓ Keep up to date with weather forecasts.
- ✓ Schedule activities for the coolest part of the day.
- ✓ Stock up on food, water and medicines so you don't have to go out in the heat.
- ✓ Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.



### Check in on others

- ✓ Look after those most at risk in the heat – your neighbour living alone, older people, young children, and people with a medical condition.
- ✓ Keep in touch with friends and family who may need help. Call or visit them at least once on any extreme heat day.
- ✓ Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat.
- ✓ If you observe symptoms of heat-related illness, seek medical help.