

Stay healthy in the heat

Very high temperatures can be dangerous for your health; follow these tips to help you and your friends and family stay healthy and safe



Drink Water

Drink cold drinks regularly, such as water and fruit juice



Dress lightly

Wear light, loose-fitting cotton clothes



Keep cool

Find the coolest room in the building, so you know where to go to keep cool



Protect yourself

If you go out during the day wear a hat and sunscreen and try to stay in the shade



Plan your day

Try to stay out of the sun and avoid too much activity during the hottest times



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Speak to your support staff if you or someone you know are feeling unwell.

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Stay healthy in the heat

Very high temperatures can be dangerous, especially for the elderly, very young and people with certain medical conditions; follow these tips to help your customers stay healthy and safe



Identify

Identify customers at risk and update or check their care plans for heat health actions



Liase

Stay in touch with carers and if concerned contact relevant health professionals



Provide water

Ensure you provide adequate cool areas and fluid; and that customers know where these are



Sun protection

Prompt and support everyone to wear sunscreen and hats



Record

Ensure that fluid intake charts are completed where needed



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Signs of **heat exhaustion** can include: tiredness, feeling faint or dizzy, a headache, feeling and being sick, heavy sweating, intense thirst, urinating less often & having darker urine.

Act immediately - get the person to lie down in a cool place, provide fluids, cool the person remove excess clothing Seek medical advice if unsure.

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Drink Water

Its important to make sure that you have extra drinks if the weather is really hot.

Drink cold drinks regularly, such as water and fruit juice.

Eating foods like fruit, salads and some vegetables can also help because these foods have water in them.



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You can get drinks from:

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Wear light, loose-fitting cotton clothes

Wearing light and loose clothing can help you to stay cool and comfortable when the weather is really hot.



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Your nearest cool area is:

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- try to stay in the shade



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Plan your day

Try to stay out of the sun and avoid too much activity between 11am and 3pm (the hottest part of the day)



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