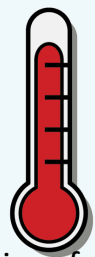




Hot Weather Health Advice



The UK Health Security Agency (UKHSA) and Met Office have issued hot weather warnings for parts of England. High temperatures can affect anyone, but older adults, young children, pregnant women and people with long-term health conditions are at greater risk of becoming unwell. Please follow the advice below to stay safe and check on friends, family and neighbours who may need extra support.

Hot weather can affect anyone, but some people are at greater risk of becoming unwell, including:

- Adults aged 65 and over
- Babies and young children
- Pregnant women
- People with long-term health conditions such as heart disease, lung disease, diabetes, kidney disease or dementia
- People taking certain medications
- Those who live alone or struggle to keep cool and hydrated

How to stay safe in hot weather

- Drink plenty of fluids and avoid becoming dehydrated.
- Keep your home cool by closing curtains or blinds in sunny rooms.
- Avoid strenuous activity during the hottest part of the day.
- Stay in the shade where possible, especially between 11am and 3pm.
- Wear loose, light-coloured clothing, a hat

Further information

For full guidance, including advice for children, vulnerable people and keeping your home cool, please visit [Beat the heat: staying safe in hot weather - GOV.UK](https://www.gov.uk/guidance/beat-the-heat-staying-safe-in-hot-weather)

and sunglasses.

- Use sunscreen (SPF 30 or higher with UVA protection).
- Check on older relatives, friends and neighbours who may need extra support.

Know the signs of heat-related illness

Symptoms of heat exhaustion can include:

- Dizziness
- Weakness
- Feeling sick
- Intense thirst

Move to a cool place, drink fluids and cool down as soon as possible.

Call 999 immediately if someone has signs of heatstroke, such as:

- A very high temperature
- Confusion
- Fast breathing
- Seizures
- Hot skin that is no longer sweating