

Beat the Heat

Stay safe this summer

How to stay healthy in the heat

Avoid alcoholic, hot or sugary drinks.



Carry a filled water bottle if you go outside.



Wear a hat and put on sunscreen, if you go outside.



Stay indoors and avoid being outside between 11am and 5pm.



Wear light coloured, loose fitting clothes.



Seek out the cool, if you are outside.



Drink plenty of water even if you do not feel thirsty. Check the colour of your wee – if it's pale you're drinking enough.



Virtually check on others, telephone elderly friends, neighbours and relatives, at least once a day.



Limit physical activity and do it in the morning. Rest during the hottest part of the day.

