



How to keep your cool in the heatwave



Stay out of the sun and avoid going out between 11am and 3pm (the hottest part of the day).

If you go outdoors - wear loose, cool clothing; a hat and sunglasses; and plenty of sunscreen.

Drink cold drinks regularly, especially water. Avoid alcohol, caffeine or drinks high in sugar.

Have cool baths or showers, and splash yourself with cool water. Use a fan, if you have one.

Shut windows and close shades/curtains when it's hotter outside (open windows when it's cooler).

Use shades or light-coloured curtains (metallic blinds and dark curtains can make rooms hotter).

Plan ahead to make sure you have enough supplies, such as food, water and medications.

Check up on friends, relatives and neighbours who may be less able to look after themselves.