

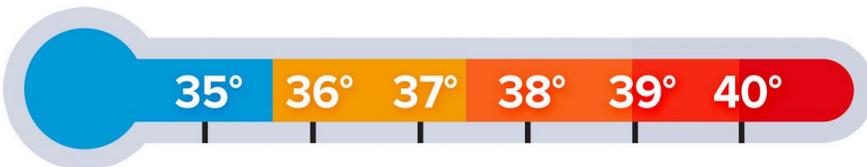
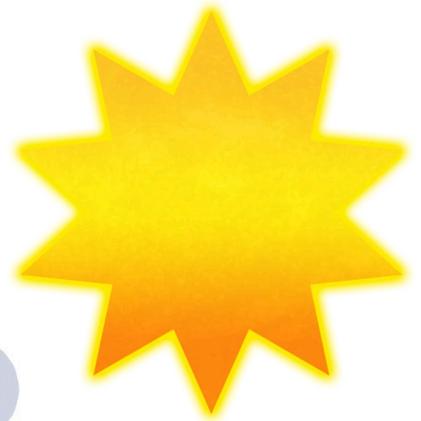


UK Health
Security
Agency

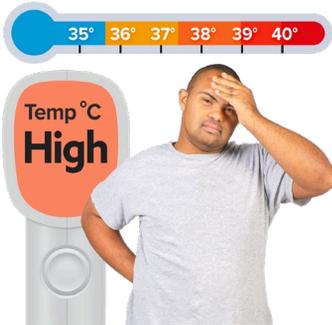


Beat the heat: staying safe in hot weather

Easy Read booklet



About hot weather



Our weather is getting warmer. In July 2022, temperatures reached 40°C for the first time.



Hot weather can make people unwell. It can also make an existing health problem worse.



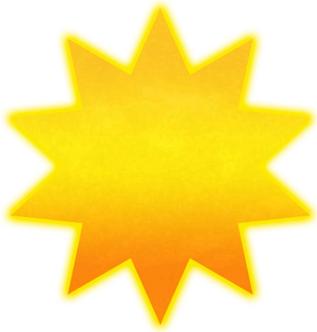
It also causes:

- heat exhaustion
- heatstroke



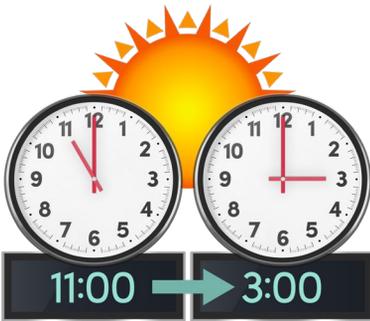
Be prepared. Watch the news and weather forecasts for information.

Protect yourself from the sun



It is important to prevent yourself from getting too hot.

Here are some things you can do:



- stay in the shade between 11am and 3pm



- wear loose clothes, a wide-brimmed hat and sunglasses

- drink lots of water, and don't drink too much alcohol



- use lots of sunscreen

Check that the bottle says **30+ UPF**. A number bigger than 30 is even better.

How to cool down



If you get too hot, there are things you can do to cool down:

- move to somewhere cooler
- take off extra clothes, like a jacket or socks
- drink cold drinks or eat ice lollies
- spray your skin with cold water
- put a cold pack under your arms or on the back of your neck
- close any windows or curtains that are facing the sun



People at risk



Some people are more likely to be ill because of hot weather.

People who:



- are over 65 years old
- are 5 years old or younger
- have long-term health conditions



- live alone, are homeless, or need help to look after themselves
- have dementia, mental health problems, drug or alcohol addiction



- are at home during the hottest part of the day

Heat exhaustion



Heat exhaustion is when the body overheats. It is not usually an emergency.

Symptoms of heat exhaustion

- feeling tired, weak or faint
- headache
- muscle cramps
- feeling or being sick
- heavy sweating
- intense thirst



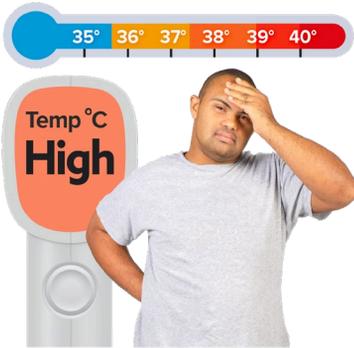
Cool down as soon as you can.

Follow the tips on page 4.



If the person does not cool down, heat exhaustion can turn into heatstroke.

Heatstroke



Heatstroke happens when the body cannot cool down. It can be very dangerous.

Symptoms of heatstroke



- confusion
- lack of coordination, for example, finding it hard to walk or pick things up
- fast heartbeat or breathing
- hot skin, but no sweat
- seizures



999

This is an emergency!

Call 999!

Then, try to cool the person down.

Stay safe when swimming



Swimming in the sea, rivers or lakes can seem like a good way to stay cool. It can also be dangerous!



- look for warning signs, and only swim where there are lifeguards
- don't swim away from the beach
- never swim after drinking alcohol
- get out as soon as you feel cold - open water can give you cold water shock
- wear a life jacket if you are boating or fishing
- always swim with another person so you can help each other

Help and advice



Links to health information

[Beat the heat](#)

[Heat exhaustion and heat stroke](#)

[Sunscreen and sun safety](#)

[Keeping your baby safe in the sun](#)



Links to more information and support

Mental health: [Every Mind Matters](#)

If you are worried about a friend, neighbour or family member:
[contact your local council](#)



ROYAL
LIFE SAVING
SOCIETY UK

Safe swimming:
[Royal Life Saving Society](#)