



Tips for coping in hot weather



Look out for those who are most at risk: the elderly, young children, babies and those with underlying health conditions - help them to keep themselves cool and hydrated.



Stay cool indoors - Learn how to keep your home cool, see gov.uk.



Close curtains in rooms that face the sun to keep indoor spaces cooler. Remember, it may be cooler outdoors than indoors.



If going outdoors, use cool spaces considerately.



Drink plenty of fluids and avoid excess alcohol. If you are leaving the house, take a bottle of water.



Never leave anyone or any animal in a closed, parked vehicle.



Try to keep out of the sun during the hottest part of the day - 11 in the morning to 3 in the afternoon.



Walk in the shade, apply sunscreen regularly, wear a wide-brimmed hat and light, loose-fitting clothing if you go out in the heat.



Avoid exercising during the hottest parts of the day. Try and exercise before 11am or after 3pm if you can.



If you are going into open water (rivers, lakes and the sea) to cool down, take care and follow local safety advice.