



Spreading the News



6th May 2024

In Spreading the News this month ...



In this Spreading the News we are going to look at some things you can do to keep ...



Cool ... Safe ... and Healthy this Summer if the weather gets vey Hot and Sunny



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Here are some plans for keeping Cool and Safe if the weather is Hot and Sunny ...



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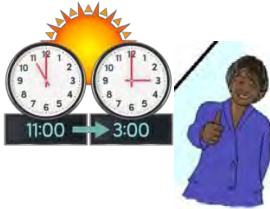


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1. Keeping cool and safe when your out and about

Five good things you should have in your Out and About Summer Plan



1. Try to stay out of the sun during the time of day when it is really hot



2. Wear sun cream, a hat and loose cool clothes



... long sleeves can give more protection from the hot sun



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Keeping cool and safe when your out and about



3. An umbrella can be useful to shade you from the hot sun as well as keeping off the rain



4. Carry a bottle, or flask, of water
... and take sips often, do not wait until you are really thirsty



5. If you're in the car, switch the fan to cool, or open a window a little, for air



2. Keeping cool and safe when you're at home



Four good things you should have in your At Home Summer Plan



1. Opening a window to create a breeze in the room can help to cool things down



2. If the sun is shining directly in the window closing the curtains can help to keep the room cooler



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Keeping cool and safe when you're in home



3. A bowl of ice and a fan will give a cool misty stream of air in the room



... or a hand held water jet fan can be used both inside, or when you're out and about, to help keep you cool



4. If you feel really hot, a cool bath or shower, not too cold, can help to cool you down



... if you have problems with mobility, or you are feeling poorly, have someone on hand to help you



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3. Things to look out for when it's hot and sunny



Feeling unwell ...



- Headaches ... feeling dizzy
feeling sick



- Dry mouth ... feeling hot
then feeling cold or clammy



- Your heart is going fast ...
you feel sweaty and you
have a high temperature



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- You have cramp pains in your arms and legs



- The colour of your wee ...
it is very dark in colour,
or you are weeing less



- You have lost your
appetite



- You cannot concentrate
when people are talking
to you



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**Any of these things may mean
you are suffering from ...**



- Dehydration



... or Heat Exhaustion



Dehydration

This means your body needs fluids/ water



- If you are dehydrated you should drink fluids ...

Water is best



- If you feel sick you may find it hard to drink



- Start with small sips then gradually drink more



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- You should begin to feel much better very soon



- If you do not feel any better after 30 minutes phone NHS 111





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Heat Exhaustion

This happens when your body overheats

If you feel you are overheating you should ...



- Move to a cooler place inside or somewhere in the shade out of the sun



- Take off things such as jackets, jumpers and socks



- Drink water



Heat Exhaustion



- Cool the skin – spray or sponge with cool water and a fan



- Cold packs or ice cubes from the freezer, wrapped in a cloth or towel, can work well ...



... Put them under your armpits or on the back of your neck



Heat Exhaustion



- A cool bath or shower, not too cold, can help to cool you down



... if you have problems with mobility, or you are feeling poorly, have someone on hand to help you



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- You should start to cool down and feel much better within 30 minutes



- If you do not feel any better after 30 minutes phone NHS 111





4. Things you should not do when it's hot and sunny



- Cooking over a hot stove to cook hot meals ...
Eat salads or cool things



- Exercise is good for you
... but take care not to over exercise if it's hot and sunny



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Things you should not do



- Drinking to keep hydrated is important ...
Water is best



- **Do not** drink alcohol



- **Do not** drink fizzy drinks, such as Coke and Pepsi ...
Or drinks that have caffeine in them, such as tea and coffee ...



These are **not** good ways to keep hydrated



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Things you should not do



- Don't wear dark, heavy clothes ... because they will only make you feel hotter



- At night don't have heavy, thick blankets on your bed



5. **Something you should do**

... a very important thing you should be doing



- Looking out for friends and neighbours ...
to make sure they're Safe and Well



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Let's all enjoy the Sun
... but keep safe