

Staying well in hot weather

Stay out of the heat



Keep out of the sun between 11am and 3pm

If you can't avoid going out:



Walk in the shade, apply sunscreen, wear a hat, sunglasses and light scarf



Avoid extreme physical exertion



Wear light-coloured, loose-fitting cotton clothing

Remember to cool down



Have plenty of cold drinks and avoid alcohol and hot drinks



Eat cold foods, particularly those with high water content – avoid excess alcohol



Have cool baths or showers



Sprinkle water over skin or clothing, or keep a damp cloth on the back of the neck

Keep a cool environment



Keep a check on temperature using a thermometer



Keep windows exposed to the sun closed during the day, and open windows at night when the temperature has dropped



Turn off non-essential lights and electrical equipment



Keep indoor plants and bowls of water in the house as evaporation helps cool the air



Electric fans may provide some relief, if temperatures are below 35°C

Keeping medicines safe



Plan ahead to make sure you have enough of the medicines you need



Always keep medicines in their original packaging to protect them



Keep medicines below 25°C or in the refrigerator (read the storage instructions on the packaging or leaflet)



Ask your pharmacist if you are unsure about anything

What to do if you or someone else feels unwell

If heat exhaustion isn't spotted and treated early on, there's a risk it could lead to heatstroke. Untreated heatstroke can be fatal.

Seek help from a GP or contact NHS 111 if someone is feeling unwell and shows symptoms of:

- **breathlessness**
- **chest pain**
- **confusion/dizziness**
- **intense thirst**
- **weakness**
- **cramps which get worse or don't go away**

Some medicines can make you more vulnerable to the heat. Discuss this with your pharmacist.

Things you can do to cool someone down

Follow these 4 steps:



Move them to a cool place



Get them to lie down and raise their feet slightly



Get them to drink plenty of water. Sports or rehydration drinks are OK



Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too