

Coping in the heatwave



- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm.
- Keep rooms cool by closing the shades or curtains.
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water. Avoid too much alcohol, drinks high in sugar and drinks that have caffeine in them, like tea, coffee and cola

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- Plan ahead to make sure you have enough food, water and any medications you need.
- Find the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, family and neighbours who may be less able to look after themselves.