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checked by the
Learning Disability
Talk and Listen Group

Top tips to help you stay well this summer

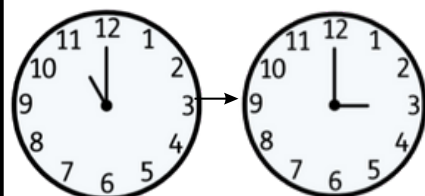


Hot weather can make people unwell.
If you have health problems, hot weather can
make these worse.



It is important to try and keep cool in hot
weather so that you do not become poorly.

Here are some things you can do:



Stay out of the sun between **11am** (in the
morning) and **3pm** (in the afternoon).



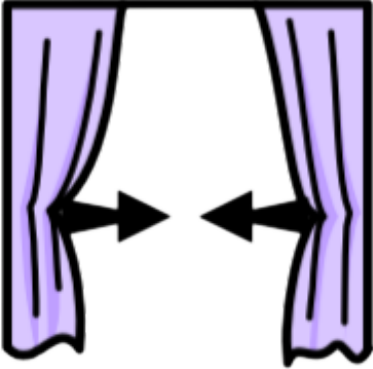
Wear loose clothes which cover your arms and
legs.
Wear a hat and sunglasses.



Drink lots of water, and do not drink too much
alcohol.



At bedtime you can lie on top of your bed or take off extra bedding like duvets or blankets.



If there is a breeze open the window to let some air in.

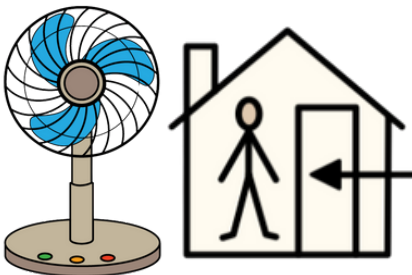
If it is really hot close the windows and curtains that are facing the sun to keep the hot air out.



Use lots of sun cream.

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

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



Go inside away from the sunshine.

Use a fan to cool yourself down if you have one.



Take off any extra clothes, like a jacket or socks.



Put something cold around your neck or under your arms like a cold pack or a towel dipped in cold water.



Drink cold drinks or eat ice lollies.

It is important to have plenty to drink in hot weather.

NHS

111



After you have been out in the sun if you:

- feel dizzy
- feel sick
- have a bad headache
- have a rash on your skin

you can contact NHS 111 for advice by phone.

To find out more

For more information and advice go to
<https://www.nhs.uk/live-well/seasonal-health/>



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