

---

## Keeping cool in a heatwave

The Met Office have issued a heatwave alert from Tuesday 20th to Thursday 22nd July.

Whilst we welcome the warmer weather, when it is hot for too long there are additional health risks, especially to vulnerable people, many of whom who we care for.

Those most at risk include:

- People with serious or long term illness
- Those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease
- Older people - especially those over 75 years
- Those who live on their own

Follow these top tips for coping in hot weather:

- Try to stay out of the sun, particularly between between 10am to 3pm
- Stay cool indoors by closing curtains that face the sun and ventilate areas well
- If going outdoors, walk as much as you can in the shade or cool places
- Drink plenty of fluids and avoid excessive alcohol. Keep yourself and those you care for well hydrated
- Look out for people who may struggle to keep themselves cool, especially those who live on their own
- Never leave anyone in a closed, parked vehicle
- Be aware of weather warnings and act accordingly
- Keep well stocked with food and medications

For more top tips

visit: <https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>