

Hot Weather Conditions

Preparation



- ↪ Drink cold drinks regularly, such as water and fruit juice - avoid tea, coffee and alcohol.
- ↪ Wear loose, cool clothing and a hat if you go outdoors.
- ↪ Identify the coolest room in the house so you know where to go to keep cool.
- ↪ Have cool baths or showers and splash yourself with cool water.
- ↪ Keep windows and blinds closed during the heat. Only open for ventilation when it is cooler.
- ↪ Stay out of the sun and avoid going out between 11am and 3pm.
- ↪ Stay tuned to the weather forecast on the radio or TV, or on the **Met Office website**.
- ↪ Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- ↪ Check up on friends, relatives and neighbours who may be less able to look after themselves.