

Advice on how to **stay safe** in **hot weather**



The weather can get very hot in summer

Hot weather can be dangerous so it is important to stay safe





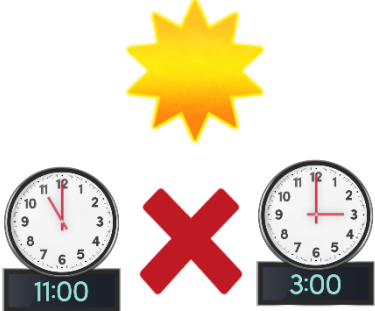



If you get too hot and do not cool yourself down, you might get very ill

How do I know if I am getting ill from the heat?

	<p>You may get things like</p> <ul style="list-style-type: none"> • Heat rash
	<ul style="list-style-type: none"> • Heat cramps
	<ul style="list-style-type: none"> • Vomiting
	<ul style="list-style-type: none"> • Heatstroke <p>Like feeling confused, shaking and hot dry skin</p>

What can I do to stay safe in hot weather?

	<p>Check your weather forecast to find out how hot it will be</p> <p>If there is going to be a heatwave do these things to stay safe</p>
	<ul style="list-style-type: none"> • Avoid drinks with caffeine like tea, coffee or coca cola
	<ul style="list-style-type: none"> • Spend more time in the cooler parts of your home
	<ul style="list-style-type: none"> • Wear loose or lightweight clothing
	<ul style="list-style-type: none"> • Keep in the shade

	<ul style="list-style-type: none"> • Have a cool shower or bath
	<ul style="list-style-type: none"> • Eat cold foods like fruits and yogurt
	<ul style="list-style-type: none"> • Avoid going out in the middle of the day as this is usually when it is hottest
	<ul style="list-style-type: none"> • Wear a hat
	<ul style="list-style-type: none"> • Drink plenty of water
	<ul style="list-style-type: none"> • Put sunscreen on before you go outside

Advice on how to **stay safe** in **cold weather**

	<p>The weather can get very cold in winter</p> <p>Very cold weather can be dangerous so it is important to stay safe</p>
	<p>If you get too cold and do not warm up, you might get very ill</p>

How do I know if I am getting ill from the cold?

	<p>You may get things like</p> <ul style="list-style-type: none">• Hypothermia
	<ul style="list-style-type: none">• Cold and flu
	<ul style="list-style-type: none">• Injuries from slipping on ice
	<p>You might find it hard to heat your home</p> <p>Like if you do not have enough money</p>

What can I do to stay safe in cold weather?

	<p>Check your weather forecast to find out how cold it will be</p> <p>If there is going to be very cold weather do these things to stay safe</p>
	<ul style="list-style-type: none">• Wear warm clothes when you go out
  	<ul style="list-style-type: none">• Plan to do more things indoors• Like going to museums or watching a film
	<ul style="list-style-type: none">• Avoid doing activities outside



- Wear shoes with a good grip



- Ask staff to support you to clear paths where there is snow or ice



- Try not to go out in snow or heavy rain

