

# BEAT THE HEAT

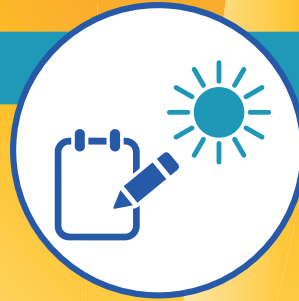
Take care in hot weather - stay COOL

## Follow these top tips

### Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



The hottest time of the day is 11am - 3pm

### Keep cool



Avoid caffeinated drinks like coke and coffee



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

### Find a cool place



Remove glass objects and mirrors from windowsills,



Go indoors or outdoors, whichever feels cooler



Use public buildings like libraries and shops

### Be safe stay cool



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

#WeatherReady #BeattheHeat #WeatherAware