

## Top 10 Tips for coping in hot weather

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- ❖ Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- ❖ Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- ❖ Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- ❖ Shut windows and pull down the shades when it is hotter outside. If it's safe, open them for ventilation when it is cooler.
- ❖ Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- ❖ Have cool baths or showers, and splash yourself with cool water.
- ❖ Listen to alerts on the radio, TV and social media about keeping cool.
- ❖ Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- ❖ Identify the coolest room in the house so you know where to go to keep cool.
- ❖ Check up on friends, relatives and neighbours who may be less able to look after themselves.