HEATWAVE

When a heatwave is coming

Work down the list each hot morning. Tick as you go.

- [ ] 01 **Curtains shut on the sunny side**
  Open the windows when it cools.
- [ ] 02 **Coolest room picked for sleep**
  Often downstairs, away from the sun.
- [ ] 03 **Fan checked and working**
  Helps below 35°C.
- [ ] 04 **Cold drinks within reach**
  Go easy on alcohol and caffeine.
- [ ] 05 **Out of the sun 11am to 3pm**
  Shade, and no hard exercise.
- [ ] 06 **Older neighbour checked on**
  Morning and evening.
- [ ] 07 **Heat exhaustion signs known**
  Cool them; better in 30 minutes.
- [ ] 08 **Heatstroke means 999**
  Hot dry skin, confusion, a fit.
- [ ] 09 **Swim only where supervised**
  Rivers and lakes stay cold.

> **Hot dry skin and confusion: call 999.** Cool them while you wait.

WHO WE CHECK ON, AND THEIR NUMBER

OUR COOLEST ROOM

GP SURGERY NUMBER

NEAREST SUPERVISED PLACE TO SWIM