



Looking after yourself and others during hot weather

Heat can be harmful to your health – key messages

In one hot spell in during the month of August in England, deaths in those aged 75 and over rose by 60%, with approximately 2000 total extra deaths than would normally be expected.

Those with heart, respiratory and serious health problems are more at risk and the heat can make these conditions worse. **Babies and young children are also especially at risk.**

Many prescription medicines can reduce your tolerance of heat. You should keep taking your medicines, but take extra care to keep cool.

Danger symptoms to watch out for in hot weather include: feeling faint and dizzy, short of breath, vomiting or increasing confusion.



Take immediate action if danger symptoms of heatstroke are present: Cool down as quickly as possible (see the advice on the pages which follow).

Do not take aspirin or paracetamol – this can make you worse. Please note: do carry on taking all other prescribed medicines.

Seek further advice from NHS 111, a doctor, or ring 999 if the person has collapsed.



What should you do?

Mostly, it's a matter of common sense.

 Listen to your local weather forecast so you know if a heatwave is on the way

 Plan ahead to reduce the risk of ill health from the heat.

 Seek shade during the hottest hours of the day – late morning to mid afternoon

 Keep hydrated, in particular drink plenty of water

 Apply high factor sun screen – **particularly to babies and young children**

 Wear a hat

 Avoid excessive exertion



Who is most at risk?

The heat can affect anyone, but some people run a greater risk of serious harm. These include:

- . Older people, especially those over 75.
- . **Babies and young children.**
- . People with serious mental health problems.
- . People on certain medication.
- . People with a serious chronic condition, particularly breathing or heart problems.
- . People who already have a high temperature from an infection.
- . People who misuse alcohol or take illicit drugs.
- . People with mobility problems.
- . People who are physically active, like manual workers and athletes.