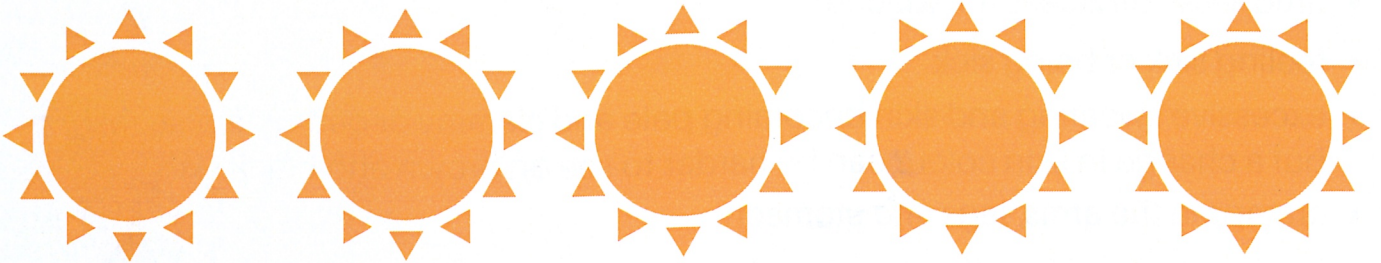


Stay cool in the heat

Information around how to keep safe in warm weather.



Be prepared!

- Check your local weather forecast including air pollution levels
- Take extra water for journeys
- Apply sunscreen before going into the sun and regularly throughout the day
- Find out what to do if essential services such as energy, water or transport are affected. If you are classed as vulnerable then you can apply to be on your [energy company's priority register](#).

Keep your home cool

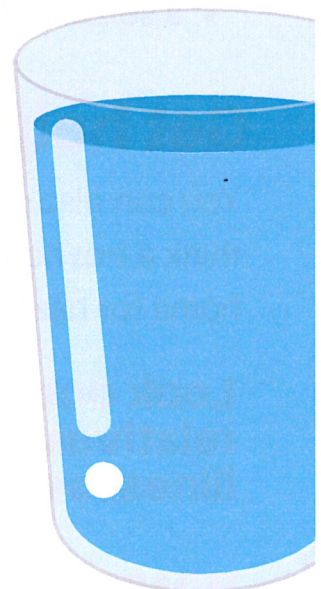
- Keep curtains drawn during the day to keep rooms cool
- Open windows (if safe to do so) if it is cooler outside than inside
- Turn off lights or electrical equipment that is not in use
- Use electric fans if the temperature is over 35 degrees

Keep yourself cool

- Drink water regularly but avoid alcohol and caffeine
- Have a cool shower or put cool water on your skin or clothes
- Stay in the shade, especially between 11am and 3pm
- Wear sunscreen, a hat and light clothes if you have to go out

Weather Alerts

Think about signing up to the [Met office alerts](#) and watch the weather forecast and prepare for the warmer weather.



Heat exhaustion

Heat exhaustion does not usually need emergency medical help if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- tiredness / dizziness /headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash, but a change in skin colour can be harder to see on brown and black skin
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness

Heatstroke

Call 999 if you, or some else else, is:

- still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids
- a very high temperature
- hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit / loss of consciousness

Get help with rented houses

You can also get help from the environmental health office at your local council if you think a hot house is affecting your health or someone else's. They can inspect a rented home for hazards to health, including excess heat.

Look out for others by checking in on older neighbours or relatives - especially those who live alone or who have serious illnesses, to make sure they are safe and well.

www.derbyshire.gov.uk/staycool





Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day

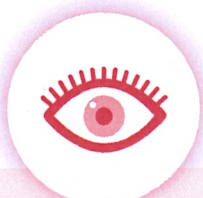


Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



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

For more information go to: [gov.uk/ukhsa/beat-the-heat](https://www.gov.uk/ukhsa/beat-the-heat)