



Staying cool and safe in hot weather



To help stay cool indoors

- close curtains to help keep the room cooler



- use a fan if you have one



- wear loose clothes



- have lots of cool drinks but not too much alcohol



- eat cooling food like salads and fruit



- have a cool shower, bath or wash



- don't do too much exercise



If you go out

- put sun cream on



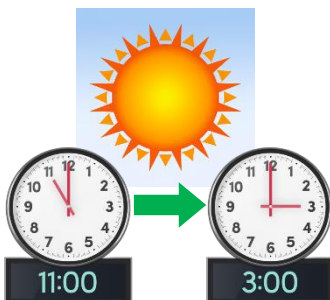
- wear sunglasses



- wear a hat



- take some water with you



**Stay out of the sun when its very hot
- this is between 11am and 3pm**