



MacIntyre

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How to Keep Safe in a Heatwave



Here are some tips on how to stay safe in a heatwave



Make sure you drink lots of water



Put on sun cream when you go outside



Remember to put more sun cream on every few hours



Stay in the shade and out of direct sunlight



Wear sunglasses to protect your eyes



Wear a hat to give yourself extra shade



Take breaks to rest



Wear loose and light clothes instead of heavy dark clothes



Take cool showers



Go swimming



Use fans to blow cool air in your home



Eat ice lollies or ice creams



Keep your pets cool by taking them out early or later in the day



Make sure your garden risk assessment is up to date



Check the use by date and reapplying times on your sun cream



Make sure your medicine is stored in a cool place



Make sure your fridge and freezer are working



Some medications can increase the risk of dehydration, especially during hot weather



Read the patient information leaflet to see if you are at risk



Do things slowly and do not rush so you do not get too tired



This document was:

- Checked and signed by MacIntyre Advisors
- Made with photosymbols