UK Health Security Agency

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**