

Hot weather can seriously harm your health

Stay safe with these small steps:

-  Check the local weather forecast to know when hot weather is expected.
-  Reduce physical activity or reschedule to cooler times of the day.
-  Stay hydrated by drinking cold water or diluted squash regularly.
-  Stay out of the sun at the hottest time of the day, 11am-3pm.
-  Avoid drinking alcohol.
-  Keep medicine somewhere cool, dry, out of direct sunlight and away from windowsills.
-  Eat cold foods that contain lots of water, such as salad, fruit and ice lollies.
-  Stock up on food and medication to avoid leaving the house when it is too hot.
-  Close windows and blinds during the day and open windows when the air is cooler outside, e.g. at night if safe to do so.
-  Take regular cool showers, bath or body washes.
-  Check in with family or friends more often than usual.
-  Lightly sprinkle clothes with water regularly and splash cool water on the face and back of the neck.
-  Find a cool space that is below 26°C.

For more information, visit newham.gov.uk/SummerWellness

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