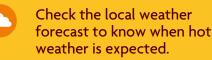


Hot weather can seriously harm your health

Stay safe with these small steps:





Stay hydrated by drinking cold water or diluted squash regularly.



Avoid drinking alcohol.

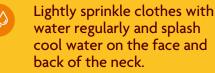
Eat cold foods that contain lots of water, such as salad, fruit and ice lollies.



Stock up on food and medication to avoid leaving the house when it is too hot.



Take regular cool showers, bath or body washes.



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



Reduce physical activity or reschedule to cooler times of the day.



Stay out of the sun at the hottest time of the day, 11am-3pm.



Keep medicine somewhere cool, dry, out of direct sunlight and away from windowsills.



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.



Check in with family or friends more often than usual.



Find a cool space that is below 26°C.

