

Summer

WELLBEING

7 WAYS TO KEEP SAFE AND WELL THIS SUMMER

1

STAY COOL AND HYDRATED

We need to drink plenty (6-8 glasses) of non-alcoholic drinks, as well as keeping ourselves nice and cool when it's hot



3

MANAGE LONG-TERM HEALTH CONDITIONS

Health conditions can get worse in the heat, and many medicines can affect tolerance to hot weather. Take extra care to stay cool and seek medical advice



2

KEEP SUN SAFE

Don't get sunburnt or risk skin cancers, use at least SPF 30 sunscreen and stay out of the sun when it's hottest (between 11am and 3pm)

4

TAKE CARE WHEN SWIMMING

If you decide to swim outdoors to keep cool, make sure it's a safe place to swim, look out for warning signs and hidden dangers, or even better swim at a swimming pool with a lifeguard



5

LOOK OUT FOR OTHERS

Regularly check on anyone living alone, older people, people who are unwell, vulnerable family, friends and neighbours during periods of extreme heat and make sure they are able to keep cool. Get medical help if needed

6

BE ALERT TO HEAT EXHAUSTION OR HEAT STROKE

If you feel unwell, dizzy, irritable, faint, tired, very thirsty or have painful muscle spasms when the weather is hot this could be a sign of heat exhaustion. Make sure you cool down and drink plenty of water. If you can't cool down for 30 minutes this can turn into heatstroke which can be very serious



7

KEEP FOOD SAFETY IN MIND

Summer is a great time to enjoy a BBQ or picnic. Stay safe and remember that warm weather and eating or cooking outdoors can create the perfect conditions for bacteria to grow. Avoid food poisoning by following good food hygiene practices

For more advice on staying safe this summer go to
www.dudley.gov.uk/summerwellbeing
or www.lets-get.com/seasonal-wellbeing