

Summer

WELLBEING

7 WAYS TO KEEP SAFE AND WELL DURING HEATWAVES

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

Use at least SPF 30 sunscreen, find some shade and choose your outdoor activity wisely when the sun is at its hottest

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

CARERS AND LOOKING OUT FOR OTHERS

If you are caring for someone or know someone who lives alone who is older, unwell or vulnerable, check in on them. Make sure they can keep cool and seek medical help if needed. Remember to look after yourself as well

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 in 30 minutes this can turn into heatstroke which can be very serious



7

KEEP SAFE AND SECURE AT HOME

Reduce the risk of fires - never leave a BBQ unattended, safely put out cigarettes and don't leave glass bottles lying around

It's tempting to leave windows and doors open but remember to keep your home secure. If you are going out or on holiday make your home look occupied

For further information on summer wellbeing, including children's safety, carers information and community safety, www.dudley.gov.uk/summerwellbeing scan this QR code



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