

GUIDANCE NOTE – EXTREME HEAT

During extended periods of hot weather people - particularly the elderly and very young, are at risk from the effects of heat.

Identify any of your neighbours who may be disabled or elderly who would benefit from your assistance.

To reduce the risks the following should be considered:-

PERSONAL

- Drink plenty of cold fluids, but not alcohol or caffeine [coffee/tea] - which dehydrate the body.
- Avoid going out during the hottest part of the day (11am – 3.00pm).
- Avoid being in the sun for long periods.
- Wear lightweight, loose, light coloured clothing and if outside a wide brimmed hat.
- Apply high-factor sun screen regularly during the day.
- Take cool (not cold) showers or baths or sprinkle yourself with water throughout the day.
- Avoid excessive physical activity (can cause heat stroke or heat exhaustion)

Be alert and call the health services if someone is unwell.

Ensure that babies and children are monitored.

HOME

- Keep house cool, closing blinds and curtains can help.
- At night keep your sleeping area well ventilated.