

# Stay cool in the heat

Information around how to keep safe in warm weather.

## Be prepared!

- Check your local weather forecast including air pollution levels
- Take extra water for journeys
- Apply sunscreen before going into the sun and regularly throughout the day
- Find out what to do if essential services such as energy, water or transport are affected. If you are classed as vulnerable then you can apply to be on your [energy company's priority register](#).

## Keep your home cool

- Keep curtains drawn during the day to keep rooms cool
- Open windows (if safe to do so) if it is cooler outside than inside
- Turn off lights or electrical equipment that is not in use
- use electric fans if the air temperature is below 35°C, but do not aim the fan directly at your body as this can lead to dehydration

## Keep yourself cool

- Drink water regularly but avoid alcohol and caffeine
- Have a cool shower or put cool water on your skin or clothes
- Stay in the shade, especially between 11am and 3pm
- Wear sunscreen, a hat and light clothes if you have to go out
- Avoid hot closed spaces such as stationary cars. They can get dangerously hot quickly. Make sure babies, children, older people and pets are not left alone in stationary cars or other closed spaces

## Weather Alerts

Think about signing up to the [Met office alerts](#) and watch the weather forecast and prepare for the warmer weather.



## Heat exhaustion

Heat exhaustion does not usually need emergency medical help if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- tiredness / dizziness /headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash, but a change in skin colour can be harder to see on brown and black skin
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness

## Heatstroke

Call 999 if you, or some else else, is:

- still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids
- a very high temperature
- hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit / loss of consciousness

## Get help with rented houses

You can also get help from the environmental health office at your local council if you think a hot house is affecting your health or someone else's. They can inspect a rented home for hazards to health, including excess heat.

**Look out for others by checking in on older neighbours or relatives - especially those who live alone or who have serious illnesses, to make sure they are safe and well.**

[www.derbyshire.gov.uk/staycool](http://www.derbyshire.gov.uk/staycool)

