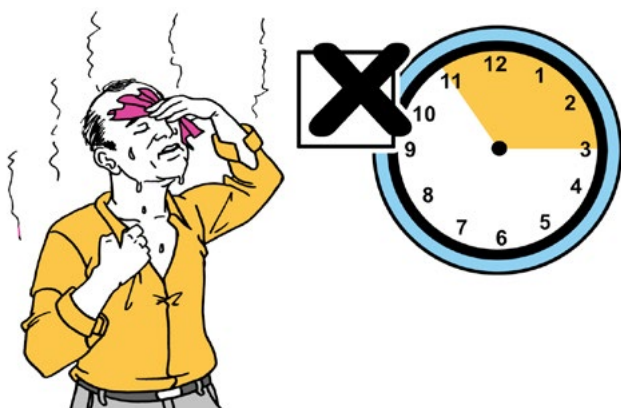
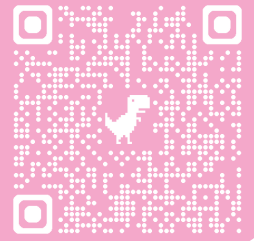


Coping in the heatwave



- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm.
- Keep rooms cool by closing the shades or curtains.
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water. Avoid too much alcohol, drinks high in sugar and drinks that have caffeine in them, like tea, coffee and cola

Coping in the heatwave



- Plan ahead to make sure you have enough food, water and any medications you need.
- Find the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, family and neighbours who may be less able to look after themselves.