

What are the symptoms of dehydration and overheating?

- muscle cramps in arms, legs or stomach
- feeling tired
- mild confusion
- passing dark or strong smelling urine
- sleep problems

What are the symptoms of heat exhaustion?

- headaches
- dizziness
- nausea or vomiting
- weakness
- heavy sweating
- fast pulse

If you have any of these symptoms

- find a cool place and loosen tight clothing
- drink plenty of water or fruit juice

What are the symptoms of heatstroke?

- Confusion
- Fast breathing and pulse
- Disorientation
- Seizures
- Loss of consciousness

Cool the body with sponged cool water or a cool shower

Heatstroke is a life threatening condition. If you or someone else shows symptoms call 999

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Registered charity, No. 1159816
dedicated to reducing carbon emissions in the
Strettons

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Keeping cool during a **HEAT WAVE**

Heat waves can be dangerous, especially for the elderly and those whose health is compromised

oil companies spent billions convincing us climate change wasn't real
they understood the risks
governments didn't want to spend the money ditching fossil fuels for renewables
now the world is beginning to suffer from the consequences of inaction

Keeping cool when out and about

Avoid spending too much time outside or exercising during the hottest part of the day (between 11am and 3pm) and keep in the shade if you can
Wear light coloured clothing and a sun hat
Apply sun cream, at least factor 30

Keeping cool at home

Close blinds and curtains during the day, especially on South facing windows to keep out the heat. External blinds or shutters can be very effective
Open windows and roof lights on opposite sides of the house during cooler times, especially at night to create a draft. Be aware of security issues with open windows
Drink plenty of water and avoid alcohol
Limit use of ovens and stoves during the hottest times to reduce indoor heating
Most medication should be kept below 25°C – store in a cool dry place away from direct sunlight

Keeping cool during hot nights

Sleep on the lowest levels if possible, heat rises
Keep bedroom blinds and curtains closed during the day to keep heat out
A cool shower before bed will lower your body temperature before going to sleep
Stay hydrated, and keep a cool glass of water by your bed in case you get thirsty during the night
Sleep under a cotton or linen sheet and use light fitting night clothes
Half fill a hot water bottle with cold water and put it in the freezer for a few hours
Once frozen it will emit cold for several hours

Our homes often trap heat because they are designed to keep heat in! A well insulated home will also help to keep heat out.

If you can, use an electric fan. They cost very little to run. About 3p an hour. The coolest air in your home is at floor level. Place the fan at floor level as it will help to move cool air round.

If it's going to be particularly hot and you think you might struggle, ask someone to check on you. It's also a good idea to check on others you think might struggle in the heat.