



Beat the Heat

Coping with heat & COVID-19

Stay cool at home



Some of us will spend more time at home this summer



Know how to keep your home cool



Look out for others safely, check latest COVID-19 guidance

Stay cool, keep well



Drink plenty of fluids and avoid excess alcohol



Slow down when it is hot



Stay connected, listen to the forecast

Cooler, safer places



Find somewhere cool to rest, indoors or outdoors

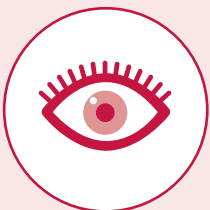


Self-isolate at home if advised to do so

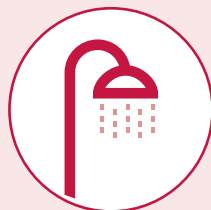


Use cool spaces considerately, keep your distance

Watch out



Be aware of signs of heat-related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave