



# TOP TEN TIPS FOR KEEPING COOL IN HOT WEATHER

**1** Don't spend long periods sitting or working outside in the hottest time of the day: 11am - 3pm.

**2** If you are travelling in a vehicle take a bottle of water to drink.

**3** Avoid strenuous activities, and limit activities to early morning/evening when its cooler.

**4** When inside use the coolest rooms and keep curtains/blinds closed in rooms that catch the sun.

**5** Shut windows when its cooler inside than out and open when its hotter inside than out. Leave open at night if its safe.

**6** Wear loose / lightweight /lightcoloured, cotton clothing.

**7** Take cool showers and baths.

**8** Splash your face with cool water or place a damp cloth on the back of your neck.

**9** Drink plenty of fluids even if not thirsty.

**10** Eat normally, try to have more cold foods that contain high water content e.g. salads and fruit.



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