



# Beat the Heat

## Coping with heat & COVID-19

### Stay cool at home



Many of us will need to stay safe at home this summer



Know how to keep your home cool



Look out for others safely, follow 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



Go indoors or outdoors, whichever feels cooler

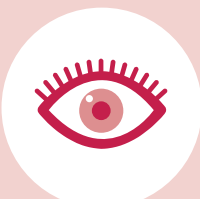


Self-isolate at home if advised to do so

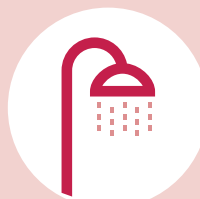


Use cool spaces considerately, keep your distance

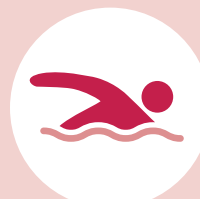
### Watch out



Be on the lookout for 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](http://www.nhs.uk/heatwave)