

# Helpful advice for hot weather



When the weather is expected to be over 26C degrees, we need to be very careful to avoid getting sunstroke.

Signs of sunstroke include:

- headache
- dizziness
- feeling sick or vomiting
- muscle cramps
- breathing difficulties

To stay safe, follow these top tips -

Drink water all through the day. Always carry a bottle of water with you.

Avoid hot drinks and alcohol.

Stay out of direct sunlight between 11am and 3pm if you can.

Wear thin layers of cool clothing.

Wear a hat.

Wear sunscreen on your face and body.