

Hot Weather Advice

Helpful tips for coping with the hot weather

Did you know that in England, there are on average 2000 heat related deaths each year? This is why it's so important to keep yourself, your families and pets safe this summer.

As temperatures are set to soar we thought we'd pull together some top tips to help you do just that.

Water and drinking

Stay hydrated - It's very important that you remain hydrated during summer months, so drink lots of water and cold drinks. Try to avoid excess alcohol and too much caffeine as these will have an adverse effect. If you've got a cold/flu or existing illness, you could dehydrate more quickly when it's hot - so please keep that in mind when taking on fluids. Water is key in the hot weather.



Windows, curtains and blinds

Keeping your curtains and blinds on windows closed in rooms that face the sun will in fact keep them cooler. Try to keep your windows open where you can, but don't leave

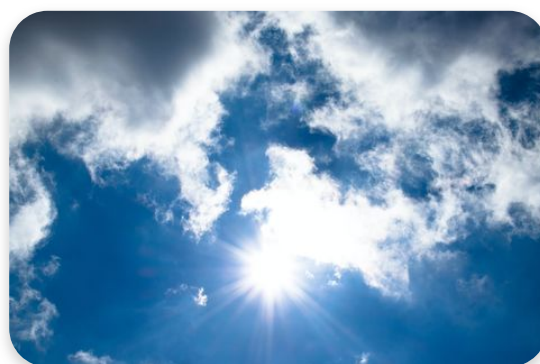
windows or doors open when you're out of the house as it makes opportunist burglary easier.

Time of day

If possible, try to avoid going out in the sun between 11am and 3pm. The sun can burn in as little as 10 minutes during this hottest period, so always take precautions - even if it looks cloudy. Sun cream is a must during sunny periods, and don't forget your hats and sunglasses too.

Covering up

Wear loose clothing, a hat and sun glasses when you're out in the sun. If you're out and about walking or working in the sun remember to protect your neck and shoulders too! If you do get burnt make sure you keep your skin out of the sun until the redness has gone. It's worth investing in after sun creams which can sooth your skin after being in the sun.



Baths and showers

A cool shower or bath is a great and quick way to cool down in hot weather, especially for children.

Lending a hand

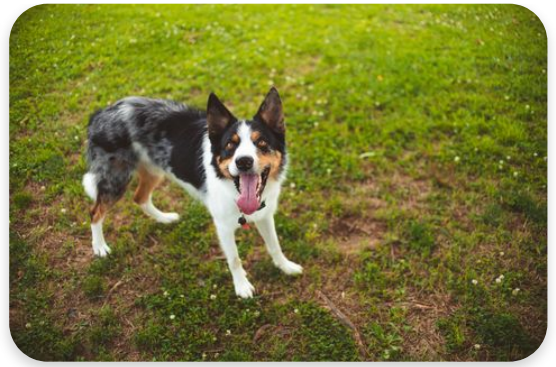
Be sure to check on vulnerable neighbours and friends during the hot weather. Heat waves like cold spells can be particularly difficult to cope with if you have asthma or other respiratory conditions.

Pets

Animals can really struggle during the hot weather too - so make sure your pets have access to clean drinking water and somewhere shaded and cool to rest.

Try to keep pets out of the sun and avoid walking dogs during the hottest times (11am-3pm), and always do the hot hand test first (if you can't hold your hand on the pavement for five seconds, it's too hot for your dog to walk on).

Although it's common knowledge - remember to never leave any animal in a car, conservatory or caravan for even a short period of time.



Useful resources

- For the latest weather forecast - [**BBC weather**](#)
- For advice on storms and gales visit the [**Met Office website**](#)
- For information about keeping your pets safe this summer visit the [**RSPCA**](#) for advice
- For information about keeping elderly friends, neighbours or relatives safe this summer visit [**Age UK**](#)

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