

# Keeping safe and well in a heatwave



Drink plenty of water. This should be 6 to 8 glasses.

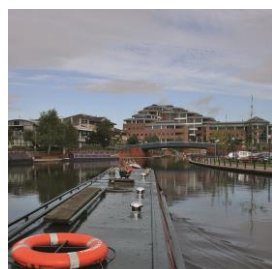


Use factor 50 sunscreen.

Sit in the shade when the sun is hot.



When it is hot, if you feel ill, dizzy, tired and thirsty and cannot cool down you can call NHS 111 for help.



If you are swimming outdoors, make sure it is safe to do so.

Image from [Waterways.org](http://Waterways.org)



Check on your friends and neighbours especially older people, young people and people who live alone.