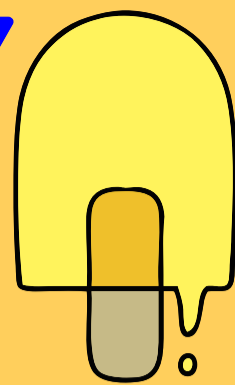


How can I stay cool when I'm out and about?

STAY COOL!



I'm TOO HOT! What can I do to COOL down?



Find shade or a 'Cool Space'!



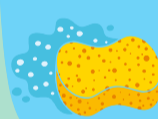
Drink water or a sports / rehydrating drink



Wear loose fitting clothing and hats



Avoid drinking alcohol and sugary/fruit juice or smoothies



Apply water to your skin with a spray or sponge



Did you know there are **free water refill stations** around Camden? Hold your phone camera up to the QR code to scan it and see the map

Did you know you can **ask most cafes and pubs for free tap water?**

Have you tried **City Mapper's 'Walk Less'** feature to find travel routes that avoid the sun? Walking is a great form of exercise, but try to stay out of the sun between 11am-3pm



Cool Space in Camden

Cool spaces are indoor spaces to cool down and rest on hot days. They may help reduce health risks from hot weather.

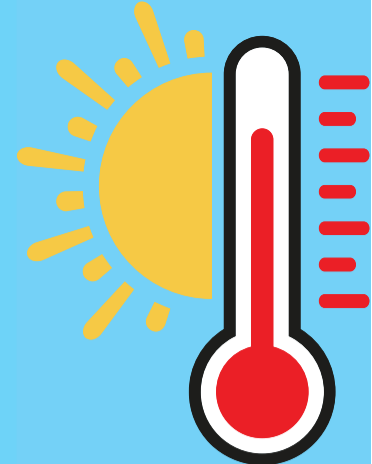
Where are the Cool Spaces?

- Pancras Square Library
- Swiss Cottage Library
- Queens Crescent Library
- Somers Town Living Centre
- Somers Town Community Centre
- Old Diorama Arts Centre

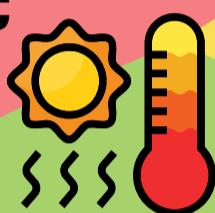
and more see the Map!

How can I
prepare my
home for hot
weather?

STAY COOL!



In July 2022,
temperatures in
London reached
40.2°C



Many people's homes
became unbearably hot

Luckily, there are lots of
ways to prepare for
oncoming hot weather



For detailed tips on preparing
your home, use your
smartphone's camera to
scan the QR code!

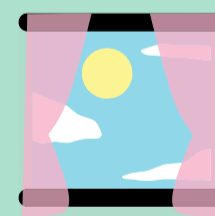


Preparing your home



Electrical appliances generate heat - turn them off! Keep cool & save money on energy.

Block out the sun! Put up blinds or a blanket over windows exposed to direct sunlight.



Plant protectors! If you have them, place tall, leafy green plants in front of windows - they absorb some of the heat and release moisture to cool the air.

If you can, buy a fan! Fans are great for cooling down a room quickly. Maximise their effect by placing a bowl of icy water in front of them. Note: fans are only effective at temperatures below 35°C.

