

In London, a heatwave is at least three consecutive days of temperatures above **28°C**.

# How to Stay Cool!

Stay safe and comfortable during hot weather!

**STAY COOL!** 

In hot weather, temperatures inside people's homes can be uncomfortable and even dangerous!



**Close your blinds or curtains!** Stop the sunlight heating up your home

If you can, create a **cross-breeze** by opening windows at opposite ends of your home



**Cool yourself down** by placing wet cloths on your wrists, neck and temples

Have **cold treats and food with high water content** like ice cream, watermelon, cucumber, etc.



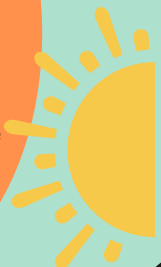
Take a **cool bath or shower**



## Stay hydrated!

Sip water all day, or have sports drinks, coconut water, or even milk!

**Avoid alcohol, caffeinated, and sugary drinks**, as these dehydrate you.



# Useful Websites:



**Cool Spaces  
Map of Camden**



**NHS Heatwaves  
information**



**Camden Council's  
information on  
preparing for hot  
weather**



# Heat Exhaustion vs Heatstroke

## The signs of heat exhaustion include:

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale (can be harder to see on brown and black skin) and clammy
- high temperature
- weakness

## 4 things to do to cool someone down:

1. **Move the person to a cool place.**
2. **Remove unnecessary clothing like jackets and socks.**
3. **Get them to drink a sports or rehydration drink, or cool water.**
4. **Cool their skin with a wet sponge or spray. Place wrapped cold packs on the back of the neck or under the arms also work well.**

Someone with heat exhaustion should start to cool down within 30 minutes after trying these 4 tips.

If someone is still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids they might have heatstroke.

## Other signs include:

- a very high temperature
- hot skin that's not sweating and might look red (can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit
- loss of consciousness

If signs occur, call 999.

Put the person in the recovery position if they lose consciousness.

