Stay Safe in the Hot Weather



Hot weather can affect anyone, but it can be particularly difficult for older people, young children, pregnant women and people with long-term health conditions.

Some medicines can also increase the risk of becoming unwell in the heat. These include medicines that affect how your body regulates temperature or fluid levels, such as diuretics (water tablets), some medicines for high blood pressure and heart conditions, and some medicines used for mental health conditions.

What you can do to stay safe:

✓Drink plenty of fluids to avoid dehydration, unless you have been advised to limit your fluid intake by a healthcare professional.

✓Keep your home cool by closing curtains or blinds in rooms that face the sun and opening windows when it is cooler outside.

✓Avoid being outdoors during the hottest part of the day (11am to 3pm) where possible.

✓Wear loose, light-coloured clothing and use sunscreen if you are outside.

✓Check on older relatives, neighbours and anyone who may be vulnerable during periods of hot weather.



If you take regular medication:

✓Continue taking your medicines as prescribed unless you have been told otherwise by a healthcare professional.

✓Store medicines according to the instructions on the label, as some medicines need to be kept below certain temperatures.

✓If you are concerned that the heat is affecting you or your medicines, or you are experiencing symptoms such as dizziness, fainting or dehydration, seek advice from your pharmacist, GP practice or NHS 111.

By taking a few simple precautions, you can help protect yourself and others during periods of hot weather.



Drinking alcohol in hot weather

With the warmer weather and more frequent heatwaves, it's also important to remember that alcohol can increase your risk of dehydration and make it harder for your body to regulate its temperature.

Drinking alcohol in hot weather can increase the risk of heat exhaustion, so try to drink plenty of water, avoid excessive alcohol in the heat, and never use alcohol as a substitute for keeping hydrated.