

If you feel unwell when the weather is sunny and hot always tell someone you know.

The person I will tell if I feel unwell is

Name:.....

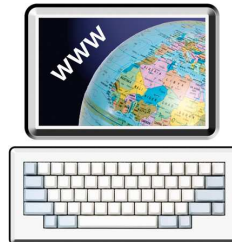


For more information telephone
NHS Direct on **0845 46 47**



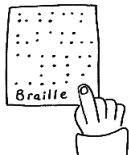
NHS Direct is also on the computer.

www.nhsdirect.nhs.uk



This leaflet was developed in partnership with
Wirral Primary Care Trust
Western Cheshire Primary Care Trust
Central and Eastern Cheshire Primary Care Trust

This leaflet is available in other languages or formats



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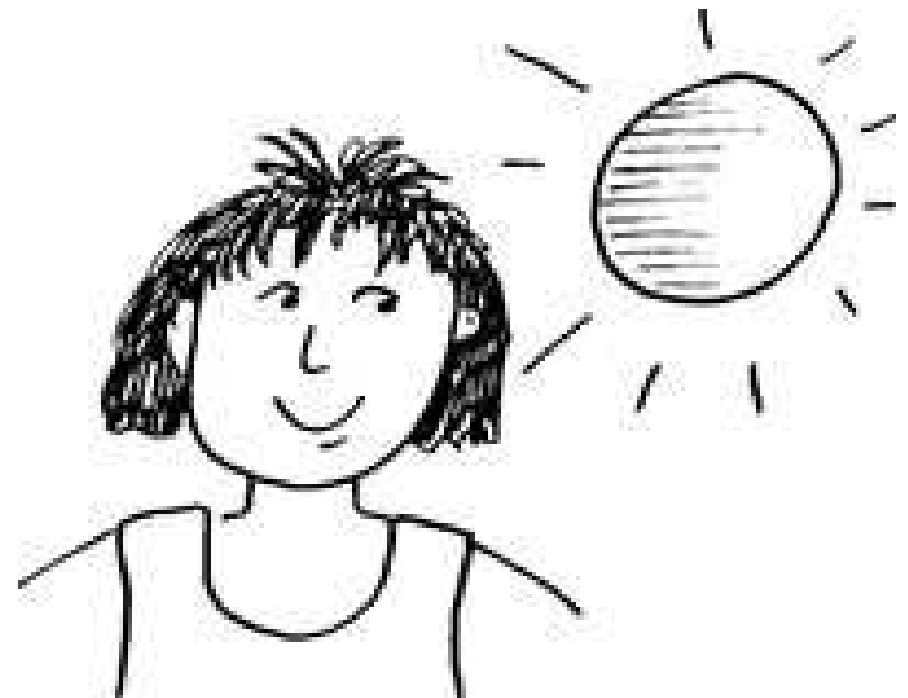
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Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Taking care in the sun and hot weather



This leaflet tells you how to take care in the sun and hot weather.

It is important to take care of yourself in the sun and hot weather.

This leaflet tells you what you can do.



11:00

Do not sit out in the sun between 11am and 3pm.



3:00

Between 11am and 3pm the sun is very hot.

Drink lots of water.

Drink water even if you do not feel thirsty.



Eat salads and fruit.

Salads and fruit are good for you in hot weather.



When you go outside wear a hat and sunglasses.



Wear loose summer clothes.

T-shirts, shorts, cotton trousers and skirts are good clothes to wear in hot weather.

Put sun cream on your skin.

Use sun cream that is factor 15 or more.

Ask for help to choose your sun cream.

Ask for help to put on your sun cream.

