



## **Staying safe and well in the heat – messaging from public health for parents/carers and guardians**

A Heat-Health alert has been put into place as even overnight temperatures are predicted to be very warm. High temperatures come with health consequences for some people. It's important to protect those most vulnerable including our children, those with health conditions and elderly, as well as keeping yourself safe.

Here are our top tips for staying safe in the heat:

- look out for those who may struggle to keep themselves cool and hydrated
- stay hydrated, take water with you if you are travelling or out and about
- stay out of the sun between 11am and 3pm as this is when UV rays are the strongest - avoid physical exertion at this time
- if you have to go out in the heat stay in the shade, apply sunscreen and wear a wide brimmed hat
- close curtains in rooms that the sun faces - this will help rooms remain cooler - remember it could be cooler outdoors than indoors
- never leave anyone in a parked closed vehicle – especially not animals, children or babies
- avoid travelling at peak times on motorways, particularly if transporting children or the elderly
- sadly accidents, often fatal, happen in water at this time of year particularly involving youngsters. That's why we're asking parents to supervise their children in and around water. Although it can be fun to cool off in water structures such as bridges, locks and flood channels, and reservoirs and quarries should be avoided. Make sure you know the [RNLI's Float to Live](#)
- unexpectedly cold water or strong currents can catch even experienced swimmers off guard. Better to swim safely at one of the [county's organised events](#) where support is provided

Look out for signs of [heat exhaustion and heatstroke](#) and follow some common sense behaviours to make the most of what should be a glorious time for most.



**Public Health**  
Northamptonshire