



# Beat the Heat

## Coping with heat & COVID-19

### Stay cool at home



Some of us will spend more time at home this summer



Know how to keep your home cool



Look out for others safely, check latest COVID-19 guidance

### Stay cool, keep well



Drink plenty of fluids and avoid excess alcohol



Slow down when it is hot

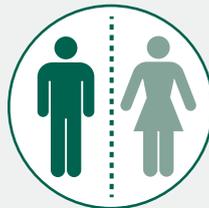


Stay connected, listen to the forecast

### Cooler, safer places



Find somewhere cool to rest, indoors or outdoors



Self-isolate at home if advised to do so



Use cool spaces considerately, keep your distance

### Watch out



Be aware of signs of heat-related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

**For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)**