



In partnership with

Did you know?

Temperatures are on the rise and warm spells are lasting longer in the UK.

What does this mean for your family?

The heat can affect anyone, but children have a greater risk of serious harm.

Stay safe in the sun and during heatwaves

How can you keep your family safe?

Spot the signs

Heat stress

Signs may include:

- seeming out of character
- showing signs of discomfort & irritability
- symptoms of heat exhaustion.

Heat exhaustion

Symptoms generally include one or more of the following:

- tiredness, dizziness & confusion
- headache, nausea & vomiting
- excessive sweating
- pale, clammy skin.

Heatstroke

Symptoms may include:

- high body temperature (40°C and above is a major sign of heatstroke)
- red, hot skin and sweating that then suddenly stops
- fast heartbeat & fast shallow breathing
- confusion/lack of co-ordination
- fits & loss of consciousness.

If you're concerned about symptoms, seek medical advice. Please refer to the NHS website for more guidance.

Stop the symptoms before they strike

Sun cream: Make sure you get it right!

- Apply 30 minutes before going out in the sun.
- Reapply every 2 hours.
- Use SPF 50 and a 5-star UVA rating.
- Use plenty of sun cream, covering all exposed skin.

Keep cool & hydrated!

- Stay inside when temperatures exceed 30°C avoiding being in direct sunlight from 11am-3pm.
- Close curtains or blinds if possible.
- If outside, wear sunhats and stay in the shade as much as possible.
- Wear loose, light-coloured clothing.
- Avoid vigorous activities.
- Drink plenty of water – more than usual.
- Use aftersun to keep your skin hydrated and protected in and out of the sun.

