

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:.....

# Taking care in the sun and hot weather

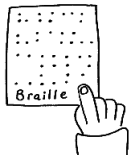


For more information telephone  
NHS Direct on **111**



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

This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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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.

