

## Heatwave Tips

Hot weather can affect your health; particularly if you are aged 65 or over, have a long term condition such as heart or lung disease, or have reduced mobility.

### Drink, drink, drink!

Even if you aren't thirsty you need to have a drink to hand all through the day. For people on certain medications, this is even more important.

### Keep your rooms cool!

Keep curtains and windows closed when the temperature outside is higher than the inside. When the temperature drops, open the windows.

Avoid the hottest times of day (usually 11am to 4pm)

### Keep yourself cool!

Wear light, loose cotton clothing. This will help you feel cooler and will prevent skin irritations. A damp tea-towel on the back of the neck may help regulate temperature.

Don't delay in getting help if you suspect heatstroke. Call 999 and try to cool down with wet tea-towels. Do NOT take aspirin or paracetamol unless you have been told to do so by a healthcare professional.

For more information please contact us:

Dover: **01304 241684**

Folkestone/Hythe: **01303 847397**

[www.inchwater.co.uk](http://www.inchwater.co.uk)



[www.facebook.com/inchwater](https://www.facebook.com/inchwater)



[@inchwater](https://twitter.com/inchwater)

## Warm Weather Tips for Carers

In addition to the most important tips overleaf, here are some additional things that could be done to keep your loved one safe during warm weather.

Shade or cover windows exposed to direct sunlight. Closing curtains, for example, may make the air 'stuffy' but will aid in reducing the temperature.

Consider that it may be cooler outside in the shade than it is indoors. Moving to a shaded garden for example may help.

Open windows only when the outside temperature is lower than the inside temperature.

Check the fridge and/or freezer is working properly and set to the correct temperature.

The local environmental health officer can visit to check for heat hazards.  
Dover, Deal and Sandwich areas is 01304 872216, email [envhealth@dover.gov.uk](mailto:envhealth@dover.gov.uk)  
Folkestone, Hythe areas is 01303 858660, email via website at <http://www.shepway.gov.uk/environmental-health/environmental-health-team>

Assess whether more support may be needed. People with a long-term condition, disability or with poor mobility may need extra help for a few days. If this is the case, call the office on 01304 241684 or 01303 847397.

Symptoms of heatstroke include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating, fast pulse.

Contact your GP or 111 if you think someone may be becoming distressed, otherwise call 999 if you think they may need urgent care.

Eat a balanced diet to replace the salt and nutrients that may be lost by sweating.

Contact your GP if your loved one is taking any medication to reduce water-retention.

For more information please contact us:

Dover: **01304 241684**

Folkestone/Hythe: **01303 847397**

[www.inchwater.co.uk](http://www.inchwater.co.uk)



[www.facebook.com/inchwater](http://www.facebook.com/inchwater)



[@inchwater](https://twitter.com/inchwater)