

Advice for Schools this Summer

If a heatwave hits this summer, make sure the hot weather doesn't harm you or your loved ones.

Prolonged episodes of extremely hot weather pose serious health risks, particularly for the ill, elderly and young.

Follow these tips to keep cool and safe in a heatwave;

Top advice for being sun safe if outdoors for more than 20 minutes between 11am-3pm:

- walk in the shade, apply sunscreen of at least SPF15 with UVA protection and a wide brimmed hat. Wear light, loose-fitting cotton clothes. This should minimise the risk of sunburn
- Drink lots of cool drinks
- Seek shade
- Look out for others

"It's nice that the sun is shining and we can all enjoy a taste of summer – but it's important to remember that rising heat does bring health risks for some.

"For the time being we recommend that people keep an eye on the weather forecast for the coming days and if it gets hotter consider avoiding the sun between 11am and 3pm, drink plenty of fluids and keep an eye out for children and older people.

"It's important to make the most of the good weather but equally important that people don't get too much sun or heat and make themselves ill."

For more information on heat waves, please visit

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/428850/Looking_After_Children_Heat_PHE_AC_AB_Publications_MP_JRM_FINAL.PDF

For more information on sun safety, please visit

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/safety-in-the-sun.aspx>