

Heatwave

Be sensible:

- *Wear light, loose cotton clothing to avoid sweat and prevent skin irritation.*
- *Take cool showers and wipe your face and back of your neck with cold water.*
- *Stay out of the sun if possible, if you do have to go out avoid the hottest part of the day between 11am and 3pm*

Be prepared:

- *Take plenty of water if you are venturing out, wear a hat and sun cream, which is at least factor 15*
- *Monitor the weather; check the forecast and any high temperature health warnings at www.metoffice.gov.uk*
- *For advice on protecting your skin during hot weather visit www.sunsmart.org.uk*

Be aware:

- *Signs of heat stroke include nausea, rise in temperature, hot dry skin, confusion and headaches*
- *If you have any of these symptoms seek advice from:*
 - *your pharmacist*
 - *West Yorkshire Urgent Care Service on 0345 605 9999*
 - *NHS Direct 0845 4647 or*
 - *www.nhsdirect.nhs.uk*