

Heat and COVID-19

We have been experiencing a level 3 heatwave this week

<https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

Welcome news for a lot of us who enjoy the sun, but heat carries a health risk to us all.

Heat especially carries a risk to people who have long term health conditions, the elderly and the young. Many of those who are at risk of harm from heat are also at greater risk of severe illness due to COVID-19 and may need to spend more time at home than they would usually. Others may need to stay at home because they are self-isolating or recovering from the infection.

During the COVID-19 pandemic, it's especially important that you know what actions to take to keep yourself and others safe from high temperatures.

Stay cool at home- check out the keep cool at home checklist below with lots of useful ideas for how to stay cool at home

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/525361/Beattheheatkeepcoolathomechecklist.pdf

Look out for others safely

If you are providing care to others you will need to do things differently this year. Keep in touch remotely over the phone or using video technology, if this is not possible and you need to provide direct care to someone at risk from the hot weather, follow the guidance on providing care for others.

<https://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family>

Stay cool and hydrated

Slow down when it's hot and avoid physical exertion

Stay connected- keep up to date with the weather forecast throughout the summer in order to plan for hot weather

Be on the lookout for heat related illness- for info can be found here

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>