

Stay Cool

What is a heatwave?

When the temperature outside is higher than **28°C** for more than **3** days. Two years ago, in **2022**, we had a heatwave and the temperature was **40°C**!



Hot weather can make us unwell, or worsen existing health problems.

If you are too hot, you may feel:

- Uncomfortable
- Confused
- Weak or faint
- Have a headache
- Have muscle cramps
- Feel sick
- Sweat a lot

Is there someone you can call if you need help? A family member, a friend, a neighbour? Have their phone number written down

For Carers:

Remember that **heatstroke is a medical emergency**. If you are worried that someone is suffering from heatstroke, take immediate action and call **999**. Stay with them and try to cool them down whilst you wait for medical assistance

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What can you do to stay cool?

- Sip water all day long
- Spray yourself with cold water
- Have a cool shower or bath
- Visit a Camden Cool Space (ask a carer)
- Let a carer know if you feel unwell or uncomfortable
- Stay in the shade between **11am-3pm**
- Drink lots of water, don't drink sugary drinks, coffee or alcohol
- Use lots of sunscreen
- Close windows or curtains that are facing the sun

For Carers:

Learning disabilities make someone more vulnerable to heatwaves. For more detailed advice and information, use your smartphone's camera to scan these QR codes

