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| |  |  | | --- | --- | | |  | | --- | | ****Top tips to keep safe during warmer weather**** 🥤 **Stay hydrated:** Drink plenty of fluids, even if you do not feel thirsty. Water is the best choice, but fruit juice and herbal teas are also good options. Avoid excessive amounts of caffeine and alcohol.  🌳 **Stay cool** **:** Try to stay indoors during the hottest parts of the day (typically from 11:00 am to 3:00 pm). If you need to go outside, seek shade and wear lightweight, light-coloured clothing, and a hat.  Use fans or air conditioning to keep indoor spaces cool. If you don’t have access to air conditioning, consider spending time in air-conditioned public places like libraries, shopping or community centres.  👀 **Check on vulnerable neighbours:** Look out for elderly neighbours, young children, and those with chronic health conditions, as they are particularly vulnerable to heat-related illnesses. Ensure they have access to cool environments and are drinking enough fluids.  🌞 **Sun protection:** Apply sunscreen with a high SPF and wear sunglasses to protect your skin and eyes from harmful UV rays. | | |