

HOT WEATHER ADVICE



Our colleagues at Chesterfield Royal Hospital NHS Foundation Trust (CRHFT) have advised us that over the last few days the sustained hot weather has resulted in increased demand for the services provided at their Emergency Department and Medical Assessment Units and have request our help in raising awareness of other healthcare services that patients can use for advice on how to treat symptoms brought on by the hot weather.

Advice for any minor conditions can be given by the pharmacist at your local chemist or by telephoning the NHS 111 Service also please read the following self-care advice issued by Public Health England about staying safe and healthy during hot weather:

- Look out for others, especially vulnerable groups such as the elderly, young children and babies and those with serious illnesses
- Try to keep out of the sun between 11am and 3pm
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat
- Avoid physical exertion
- Wear light, loose fitting cotton clothes
- Drink plenty of cold drinks
- Avoid drinking alcohol to excess
- If you have a health problem, keep medicines below 25 °C or in the refrigerator

Public Health England are also reminding patients that it can get uncomfortably hot indoors too and advise the following:

- Try to keep the bedroom and living space cool, by closing the curtains on windows that receive the sun and opening windows at cooler times of the day and overnight when safe to do so.
- Turn off non-essential lights and electrical items as these generate heat.

More information is available at <https://www.gov.uk/government/news/hot-weather-health-warnings-2018#top-tips>