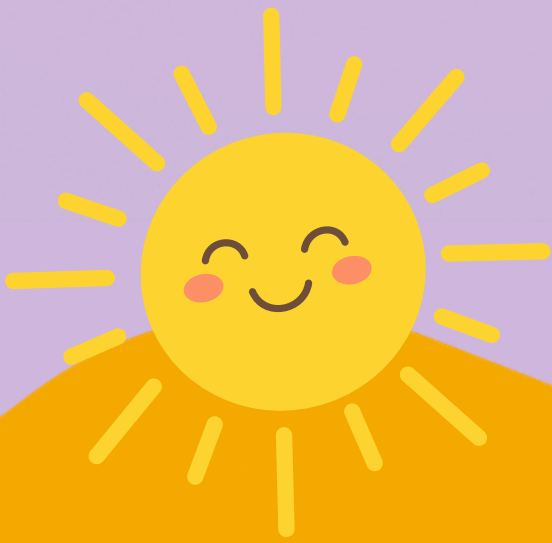


SUMMER

wellbeing



**A guide to staying healthy
and well during warmer
weather.**



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Stay cool in the heat

Information around how to keep safe in warm weather.

Be prepared!

- Check your local weather forecast including air pollution levels
- Take extra water for journeys
- Apply sunscreen before going into the sun and regularly throughout the day
- Check [UV levels](#)
- Find out what to do if essential services such as energy, water or transport are affected. If you are classed as vulnerable then you can apply to be on your [energy company's priority register](#).

Keep your home cool

- Keep curtains drawn during the day to keep rooms cool
- Open windows (if safe to do so) if it is cooler outside than inside
- Turn off lights or electrical equipment that is not in use
- use electric fans if the air temperature is below 35°C, but do not aim the fan directly at your body as this can lead to dehydration

Keep yourself cool

- Drink water regularly but avoid alcohol and caffeine
- Have a cool shower or put cool water on your skin or clothes
- Stay in the shade, especially between 11am and 3pm
- Wear sunscreen, a hat and light clothes if you have to go out
- Avoid hot closed spaces such as stationary cars. They can get dangerously hot quickly. Make sure babies, children, older people and pets are not left alone in stationary cars or other closed spaces

Weather Alerts

Think about signing up to the [Met office alerts](#) and watch the weather forecast and prepare for the warmer weather.

Get help with rented houses

You can also get help from the environmental health office at your local council if you think a hot house is affecting your health or someone else's. They can inspect a rented home for hazards to health, including excess heat.

Look out for others by checking in on older neighbours or relatives - especially those who live alone or who have serious illnesses, to make sure they are safe and well.

Keeping children safe in the warm weather

Babies and young children can become ill during very hot weather.

Keeping cool

Playing in a paddling pool is a good way of keeping babies and children cool. Keep the pool in the shade during very hot weather. Babies and children can drown in even a small amount of water and must be supervised carefully at all times

If children are playing outdoors then encourage them to stay in the shade as much as possible

On hot days, make sure you offer your child frequent drinks to avoid dehydration

Run them a cool bath before bedtime

Keep your child's bedroom cool during the day by closing blinds or curtains

Keep nightwear and bedclothes to a minimum

A nursery thermometer will help you monitor the temperature of your baby's room. Your baby will sleep most comfortably when their room is between 16C and 20C.

Avoid dehydration

Like adults, babies and young children need to drink plenty of fluids to avoid becoming dehydrated.

0 to 6 months

Fully breastfed babies do not need any water until they've started eating solid foods. During hot weather they may want to breastfeed more than usual

If you're bottle feeding, as well as their usual milk feeds, you can give your baby a little cooled boiled water

From around 6 months

Once you have started to introduce solid foods, you should offer your baby sips of water from a cup or beaker with meals.

Water, breast milk or whole cows' milk should be your baby's main drinks.

From 12 months

Remember that breastmilk or infant formula should be their main drinks during the first year. In hot weather, you may need to offer some additional water outside of mealtimes.

In hot weather, you can try giving them frozen lollies made from plain water or from very diluted fruit juice to help keep them hydrated

For older children, give them plenty of fruit and salad to help keep their fluid levels up

Keeping children safe in the sun

Babies less than 6 months old should be kept out of direct sunlight

Older babies should also be kept out of the sun as much as possible, particularly in the summer and between 11am and 3pm, when the sun is at its strongest

If you go out when it's hot, attach a parasol or sunshade to your baby's pushchair to keep them out of direct sunlight

Never cover prams, buggies or car seats with blankets, cloths or any cover that prevents air from circulating

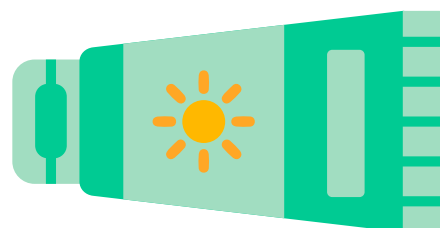
Protect their skin

Sun cream should be used for babies over 6 months old

Apply a sunscreen with a sun protection factor (SPF) of at least 30 to your baby's skin. Make sure the product also protects against both UVA and UVB rays

Sunscreen should be applied generously and reapplied every 2 hours, and after activities that remove them, such as swimming or towelling

Make sure your child wears a sunhat with a wide brim or a long flap at the back to protect their head and neck from the sun



Cars in the heat

Small, closed spaces such as cars can get dangerously hot very quickly.

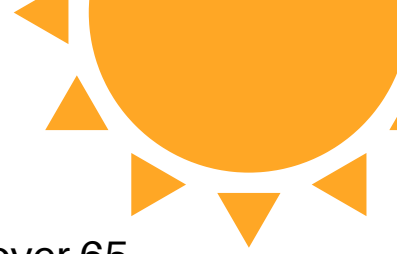
Make sure that babies and children are not left alone in stationary cars or other closed spaces.

Temperatures inside a car can be much hotter than the outside temperature

Try to cool the car and stop for regular breaks to check on your baby and allow them to stretch and move about.



Older and vulnerable people



Everyone needs to be aware of the heat but people aged over 65, and other more vulnerable groups, can be particularly affected.

Be prepared!

If hot weather is forecast for your area, you should monitor the situation by checking the weather alerts or local news

Find out what to do if essential services such as energy, water or transport are affected. If you are classed as vulnerable then you can apply to be on your [energy company's priority register](#).

Staying safe in the sun

Wear a wide-brimmed hat and sunglasses to protect your face, eyes, head, ears and neck from the sun

Wear lightweight, loose-fitting, light-coloured clothes

If going outdoors, consider clothes such as a long-sleeved shirt, trousers, or long skirts in close-weave fabrics to absorb sweat and prevent skin irritation as well as protect from the sun

Apply sunscreen generously and reapply frequently. Check it is in date before using

Be aware that plastic pads and mattresses can make you warmer during hot weather and consider alternatives if possible

Stay hydrated

Drink enough so that your wee is a pale straw colour

Limit fruit juice, smoothies, and soft drinks, which can be high in sugar and dehydrate the body. Instead swap for diet and sugar-free varieties or squash.



Medications

Most medicines should be kept below 25°C, so they should be stored somewhere cool, dry, out of direct sunlight and away from windowsills

Medicines should only be stored in the fridge if specified

Some medications may increase the risk of harmful effects on your health during hot weather. If you are concerned, please speak to your pharmacist or GP.



Danger signs

Your health can be seriously affected by:

- dehydration
- heat exhaustion and heatstroke
- sunburn

Heat exhaustion

Heat exhaustion does not usually need emergency medical help if you **can cool down within 30 minutes**. However, if it turns into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- tiredness / dizziness / headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash, but a change in skin colour can be harder to see on brown and black skin
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness

Heatstroke

Call 999 if you, or some else else, is:

- still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids
- a very high temperature
- hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit / loss of consciousness

Sunburn

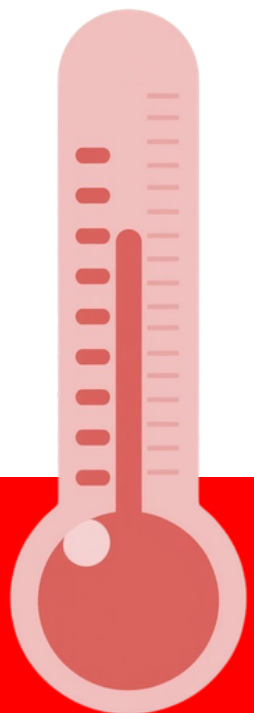
If you have sunburn, your skin may:

- feel hot to touch
- feel sore or painful
- flake or peel – this usually happens a few days after you get sunburn

If you have white skin, your skin will usually be red or pink. If you have black or brown skin, you may not notice a change in the colour of your skin.



do not use petroleum jelly on sunburnt skin
do not put ice or ice packs on sunburnt skin
do not pop any blisters
do not scratch or try to remove peeling skin
do not wear tight-fitting clothes over sunburnt skin



Protect your skin in the sun

Over exposure to UV rays from the sun can cause sunburn and increase the risk of getting skin cancer (especially later in life)

Remember to CARE:



C – Cover up

Wear a hat, light clothing and sunglasses.



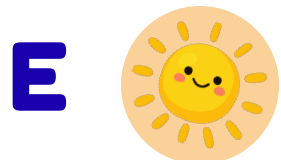
A – Aim for shade

between 11am and 3pm.



R – Rub on sun cream

SPF 30+, UVA/UVB 4★+ reapply often.



E – Enjoy the sun safely

Have fun outdoors and protect your skin.

Remember that you can still get sun burn (or skin damage) on cooler or cloudy days so you still need to protect your skin.

Check the UV levels.

The UV index shows how strong the sun will be.

The higher number, the stronger the sun's UV rays will be = the easier and more likely you are to burn.

Check the UV index in your weather app

If the UV index is 3 or above, protect your skin



**No
protection
required.**



**Moderate to high UV
levels. Sun
protection required.**



**Extreme UV levels.
Extra protection
required.**



Protect your skin in the sun

Anyone can get skin cancer, regardless of their skin type. Everyone should protect their skin from the sun and check for anything new, changing or unusual.

Take extra care in the sun if you or others:

- Burn easily
- Have light-coloured skin
- Have light hair or light eyes
- Have lots of moles or freckles
- Have been sunburnt before
- Have had skin cancer in your family

If you are worried about your skin or notice any changes then speak to your GP.

Know your ABCDE (melanoma)

Be skin cancer aware and keep an eye out for any changes to moles.

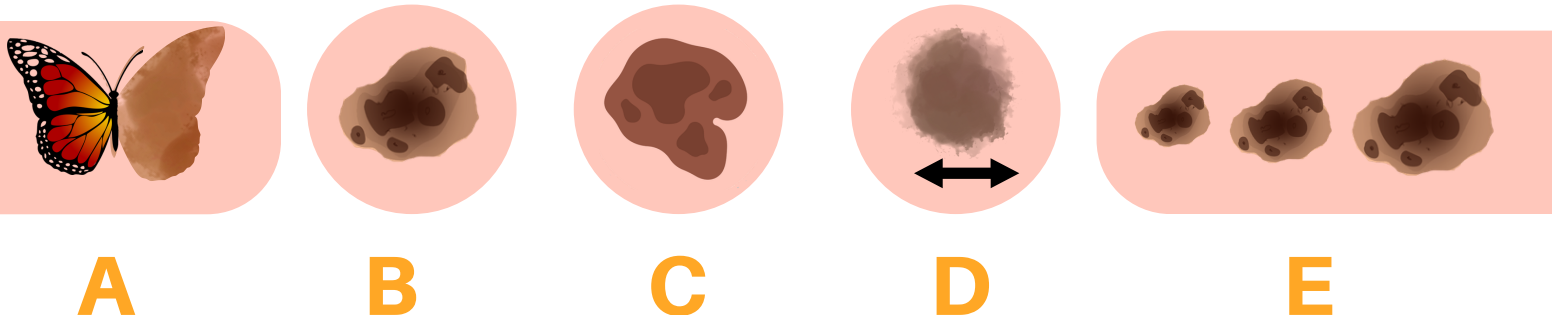
A – Asymmetry: uneven shape

B – Border: jagged or blurred edges

C – Colour: uneven or multiple colours

D – Diameter: larger than 6mm

E – Evolving: any change over time



Find out more at www.nhs.uk/skincancer

Taking care of your skin - especially in the spring and summer when the sun and UV rays are high - is the best way to protect yourself and your family from sun damage and skin cancer.

Summer food safety BBQs

When the sun comes out it is time for the BBQ! A great summer tradition.

If you like eating alfresco the Food Standards Agency has tips to ensure everyone enjoys eating a burger (or two) without any nasty surprises later.

Pre-cook. Consider cooking all chicken and pork in the oven prior to giving it a final 'finish' on your barbecue where possible.

Charred on the outside doesn't always mean cooked on the inside. Cut open and check your burgers, sausages and chicken. Turning meat regularly and moving it around on the barbecue will also help to cook it evenly.

Remember, barbecues can take a while to heat up and to cook food. Don't overload the barbecue and always check that your meat is cooked thoroughly.

Avoid cross-contamination by storing raw meat separately before cooking. Use different utensils, plates and chopping boards for raw and cooked food.

Keep plates and cutlery away from raw meat and fish. And never reuse a marinade that has been used on raw meat, unless you give it a thorough cook first.

Keep cold foods below 5°C and hot foods above 63°C. And don't leave food that you would store refrigerated standing around in the warm, before serving.

Picnics

Picnics are another hot weather favourite.

You might think that nothing can go wrong with a sandwich and a scotch egg, but food poisoning can occur when food isn't kept cool.

Clean up first. Rinse fresh fruits (including those with rinds) and vegetables under running tap water before packing them in the cool box

Keep cold food cold. Place cold food in a cool box with ice or frozen gel packs. Cold food should be stored at below 5°C to prevent bacterial growth.

Organise your cool box. Pack drinks in one cool box and perishable foods in another. If using freezer packs (frozen drinks work well for this purpose), distribute them throughout the box – not all at the bottom!

Keep your cool box closed. Once at the picnic site, limit the number of times the cool box is opened as much as you can. This helps to keep the contents cold for longer.

Pack away your picnic. Once you've served it, dishes should not sit out for longer than two hours, or one hour if it's very hot outside.

After this, the risk of bacteria increases and it becomes unsafe to eat, so best to throw it away when you get home.



Ticks



UK Health
Security
Agency

Ticks are tiny blood-sucking insects related to mites that can attach to humans and animals.

Tick bites can cause Lyme disease so being tick aware can help reduce the chance of tick bites and infection.

You can be exposed to ticks when you spend time outdoors. This can be in your garden, local park or on a hike.

Ticks mainly attached to animals but sometimes they might bite you, your child or your pets

You can reduce the risk of tick bites by sticking to clearly defined paths, using insect repellent and carrying out regular tick checks.

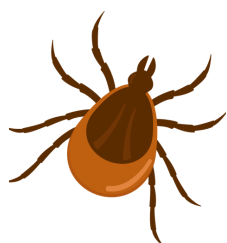
Ticks can bite anywhere on the body including in your hair. More than one tick can be attached to you at a time.

Some tick bites can cause an infection so it is important to remove ticks safely and as quickly as possible.

The safest way to remove a tick is using a pair of fine-tipped tweezers or a tick removal tool

If you start to feel unwell with flu-like symptoms, persistent headaches, confusion or develop a spreading circular rash (which usually appears within one to four weeks of being bitten) contact your GP or NHS 111 immediately.

Mention that you have been bitten by a tick or have recently spent time outdoors.



Tick in the
environment

Tick attached to
skin

Lyme disease 'bull's
eye rash'

Tick found under
hair



Animal safety



UK Health
Security
Agency

Thinking of a trip to a farm park or zoo during the summer holidays? The animals are cute but the bugs are not!

Farm animals may carry germs that can be passed from animals to humans and cause illness, with symptoms including diarrhoea, vomiting, fever, nausea and body aches.

In vulnerable groups, such as young children, pregnant women and elderly or immunocompromised people these infections can be particularly serious.

How bugs spread

Infection can be picked up from the animal's body, its poo or from areas where animals are kept or have recently been

If the germs are on your hands, you could accidentally pass them to your mouth and become infected

Contact with infected people or surfaces

How to protect yourself

Wash your hands thoroughly with soap and warm running water after you have touched animals, fences or other surfaces where animals may have been, and dry your hands with paper towels

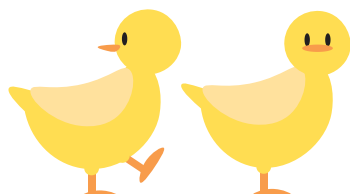
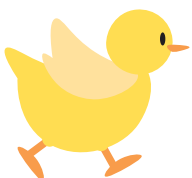
Wash your face with soap and water if an animal has licked you, or if something has splashed in your face or eyes

Hand gels or wipes are not a substitute for washing your hands after visiting a farm, due to the types of germs you might be exposed to.

Avoid eating or drinking near animals

Supervise children closely

if you have held or had contact with an animal, ideally wash clothing at 60C for 30 mins when you return home



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[www.derbyshire.gov.uk/
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