



Tips to stay well in a heatwave



Drink at least 6-8 cups fluids each day to stay hydrated.



Stay out of the sun, and try not to go out from 11am to 3pm. Cover up and use sunscreen when you do go out.



Have cool baths or showers, and splash yourself with cool water.



Listen to alerts on the radio, TV and social media about keeping cool.



Stock up on any food, water and medications you need at home.



Ask a health professional for help when you feel ill, don't wait.

Find more tips online at www.nhs.uk/heatwave



For medical advice call 111 or for nursing support call your Luton community team on

0333 405 3000