

If you feel unwell when the weather is sunny and hot always tell someone you know.

The person I will tell if I feel unwell is

Name:.....



For more information telephone

NHS Direct on **0845 46 47**



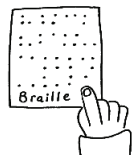
NHS Direct is also on the computer.

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)



This leaflet was developed in partnership with  
Wirral Primary Care Trust  
Western Cheshire Primary Care Trust  
Central and Eastern Cheshire Primary Care Trust

This leaflet is available in other languages or formats



For more information about Cheshire and Wirral Partnership  
NHS Foundation Trust, log onto [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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## Taking care in the sun and hot weather



This leaflet tells you how to take care in the sun and hot weather.

It is important to take care of yourself in the sun and hot weather.

This leaflet tells you what you can do.



**11:00**

**Do not sit out in the sun between 11am and 3pm.**



**3:00**

Between 11am and 3pm the sun is very hot.

**Drink lots of water.**

Drink water even if you do not feel thirsty.



**Eat salads and fruit.**

Salads and fruit are good for you in hot weather.



**When you go outside wear a hat and sunglasses.**



**Wear loose summer clothes.**

T-shirts, shorts, cotton trousers and skirts are good clothes to wear in hot weather.

**Put sun cream on your skin.**

Use sun cream that is factor 15 or more.

Ask for help to choose your sun cream.

Ask for help to put on your sun cream.

