

STAY COOL AS THE SUN HITS BRUM

Guidelines to protect yourself from the effects of hot weather.

- **Stay out of the sun – keep covered**
- **Keep homes cool – shut windows and close curtains during the day**
- **Open windows when it is cooler at night, but keep safe**
- **Drink plenty of water or other non-alcoholic drinks**

Anyone can experience heat-related illnesses. Vulnerable groups such as the elderly, young and those with health problems are at particular risk. Please watch out for others.

People worried about their health during the heatwave are advised to:

- Talk to their **GP** or **Pharmacist**
- Contact **NHS Direct** on **0845 46 47**
- Or visit **www.nhsdirect.nhs.uk**

 **Birmingham City Council**


Birmingham
resilience group

 WEST MIDLANDS FIRE SERVICE

 **NHS**



www.birminghamprepared.gov.uk