

# Gypsy and Traveller Liason Service



**How to look after yourself  
in a Heatwave....**



**When the sun shines**

**metal can get hot.**

**Hot enough to **burn**.**



**Do not touch the caravan walls.**

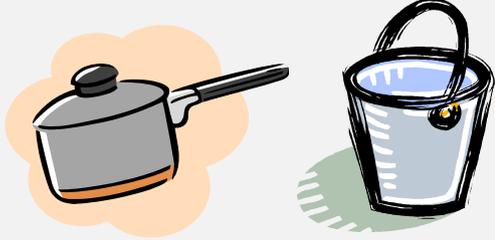
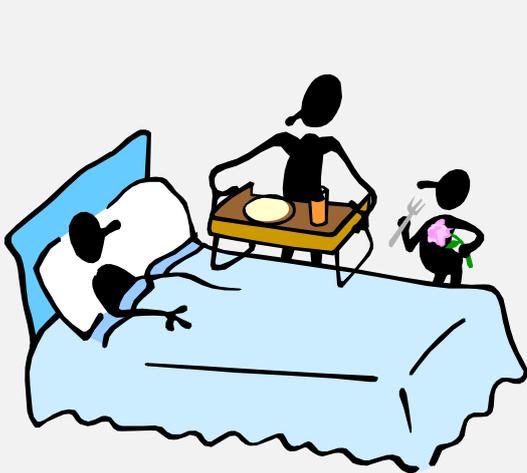
**Tell children – don't touch!**

**If you can, put up barriers.**



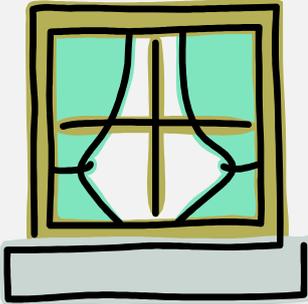
**Treat a burn immediately.**

**Put it under cool water for 30  
minutes.**

	<p><b>Not near running water?</b></p> <ul style="list-style-type: none"><li>• Find two bowls or pans.</li><li>• Fill one with water.</li><li>• Trickle this gently over the burn and catch the water in the other bowl or pan.</li></ul>
	<p><b>Do not put ice on a burn.</b></p>
	<p><b>Do not put creams or lotions on a burn.</b></p>
	<p><b>If you have a <b>health condition</b>,</b></p> <p><b>take extra care in a heatwave.</b></p> <p><b>Look after your neighbours.</b></p> <p><b>e.g:</b></p> <ul style="list-style-type: none"><li>• Old age</li><li>• Heart problems</li><li>• Breathing problems</li><li>• Parkinsons</li><li>• Mobility</li><li>• Medication/drugs.</li></ul>

**COOL**

Tips on **keeping cool**:



**Close curtains to keep out sunlight.**



**Create a breeze.**

**Heat rises, open top windows.**

**Open opposite windows to make a 'through draught'.**



**Keep food, drinks and medication cold.**



**Wear loose, light clothing.**



**Drink plenty of water.**

**Avoid alcohol.**



**Use water spray to keep cool.**



**Don't forget – animals need to keep cool too!**



**Stay out of the sun between 11am and 3pm.**

**If you can't find shade, use an umbrella!**



The first sign of dehydration is thirst. Other symptoms may include:

- dizziness or light-headedness
- headache
- tiredness
- dry mouth, lips and eyes
- dark yellow urine (wee)
- passing only small amounts of urine infrequently (less than three or four times a day).

If someone feels unwell, get them somewhere cool to rest. Give them plenty of water to drink.

Get medical help straight away if the following symptoms don't go away, or are severe:

- breathlessness.
- chest pain.
- feeling tired, dizzy, confused or weak.
- dry mouth and eyes that don't produce tears.
- not passing urine for eight hours.
- dry skin that sags slowly into position when pinched up.
- rapid heartbeat.
- blood is visible when you go to the toilet or you are sick (vomit).
- cramps.

**For more information or help:**

- **call NHS Direct on 0845 4647 or 111.**
- **go to [www.nhs.uk](http://www.nhs.uk).**
- **speak with your local chemist.**
- **contact your GP (Doctor).**
- **visit the NHS Walk In Centre.**