Stay Cool, Stay Well

The summer of 2022 was a wake-up call, with temperatures soaring far above the usual summer high, many of us felt the heat in more ways than one. While sunshine can lift our spirits, hot weather can pose serious health risks well before temperatures reach extreme levels. In fact, impacts on health can begin when temperatures climb above 25°C, especially for people with long-term conditions or those living alone. But hot weather doesn't have to catch us off guard. A little know-how goes a long way.

Some people feel the effects of hot weather more than others. That might include:

- Anyone living alone or in a care setting
- Older people (65+) and very young children
- People managing long-term health conditions like heart or breathing problems, diabetes, or dementia
- Those taking several medications, especially ones that affect hydration or body temperature
- People with limited mobility or who find it harder to stay cool
- Anyone who spends a lot of time outdoors—whether for work, exercise, or leisure

Want more advice? Search online for "Beat the Heat UKHSA" to find trusted tips from the government's official campaign.

GREATER MANCHESTER
DOING AGEING DIFFERENTLY

Part of **LIVE WELL**
DOING THINGS DIFFERENTLY WITH GREATER MANCHESTER'S COMMUNITIES

Follow these simple tips to beat the heat

Avoid midday sun
Stick to shade, use SPF 30+, wear a hat.

Check your medication
Some medications can increase heat sensitivity. Ask your GP or pharmacist if yours might.

Dress safe
Wear light-coloured, breathable clothing.

Keep your cool indoors
Close windows and curtains during the day and open them at night when it's cooler.

Stay hydrated
Dehydration can sneak up on you. Drink plenty of water and limit caffeine & alcohol.

Cool your skin
Use damp cloths, splash water, or take a cool shower.

Cool down
Not sure where you can cool down? Many local libraries, community centres, and cafes can offer a break from the heat.

Know the signs
Dizziness, confusion, or cramps? You could be overheating. Rest, hydrate, and cool down.

Check on others
Look out for friends, family, and neighbours and consider asking someone to check in on you.