



Have fun in the sun – with care

Description



Take simple steps so fun in the sun doesn't become holiday in hospital. That's the message from the NHS as warmer weather has been hitting these shores.

Chief nursing officer for England Ruth May is encouraging households to take common sense precautions and follow the NHS top tips like – drinking plenty of water, using high-factor sunscreen and taking allergy medicine where needed.

'Everyone can help by checking in on vulnerable friends and neighbours'

The risk of serious illness is much higher for older people. 'The NHS will be there always for anyone who needs it,' said Ruth. 'But everyone can help by checking in on vulnerable friends and neighbours.'

She added that people should ‘talk before they walk’ and join the hundreds of thousands receiving fast and free advice on the best course of action from the [NHS.uk website](#) or 111 phone line.

Too much sun can affect everyone. Some are more at risk to the danger of hot weather including – those over 75, people with serious chronic conditions and mobility problems – or those who’ve had a stroke. People on certain medications must be careful, too. Here are ten tips for coping in hot weather:

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

- shut windows and shades when it’s hotter outside, opening windows when it’s cooler;
- avoid sun during the hottest part of the day (11am-3pm);
- use light-coloured curtains and keep them closed;
- have cool baths or showers and splash yourself with cool water;
- drink plenty of fluids – water, lower-fat milks and tea and coffee are good options;
- listen to alerts on TV, radio and social media about keeping cool;
- plan ahead to ensure you have enough food, water and medications;
- identify your coolest room;
- wear loose, cool clothing – a hat and sunglasses outdoors;
- check up on friends, relatives and neighbours.

(Photo: Clive Price)

Category

1. Friends & Family

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