

## **In the Event of a Heat Wave**

In the event of a severe heat wave you may get dehydrated and your body may overheat, leading to heat exhaustion or heatstroke. Both require **URGENT** treatment.

### **Who is at Risk?**

- Older people
- Babies and young children
- People with mental health problems
- People on certain medications
- People with chronic conditions such as breathing or heart problems
- People who already have a high temperature from an infection
- People who use alcohol or illicit drugs
- People with mobility problems
- People who are physically active

### **What You Should Do During a Heat Wave:**

- Keep out of the heat as much as possible
- Avoid going out during the hottest part of the day 11 am – 3.00 pm
- Avoid strenuous outdoor activity
- If you must go out wear a hat and loose fitting clothing
- Stay in the coolest rooms in your home
- Close curtains in the rooms that get a lot of sun
- Keep windows closed whilst the temperature inside is cooler than outside, open them when the temperature inside rises
- Take cool showers/baths, splash face and back of neck several times a day with cold water
- Drink regularly even if you don't feel thirsty – water or fruit juice is best
- Avoid alcohol, tea or coffee - these make dehydration worse
- Eat as you normally would but increase cold foods as these contain water

### **Symptoms of Heat Exhaustion:**

- Headaches and dizziness
- Nausea and vomiting
- Muscle weakness and cramps
- Pale skin
- High temperature

### **Symptoms of Heatstroke:**

- Headaches and nausea
- Intense thirst
- Sleepiness
- Hot, red, dry skin
- Sudden rise in temperature
- Confusion and aggression
- Convulsions and loss of consciousness

If you have any concerns: **SEEK ADVICE**

### **If You Think Someone Has Heatstroke:**

- Call 999 immediately
- If possible move them to the coolest room
- Increase ventilation by opening windows/doors
- Cool them down as quickly as possible by loosening their clothing
- Sprinkle them with cold water or wrap them in a damp sheet
- If they are conscious give them water or fruit juice
- **DO NOT give them Aspirin or Paracetamol.**

**Further information** can be found on: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) or call them on 0845 4647

## **Candlelight Homecare Services Limited**

**General Enquiries:** 08458 123678

**Email:** care@candlelightcare.co.uk

**Website:** www.candlelightcare.co.uk

Head Office  
Candlelight House,  
King Street,  
**Glastonbury**  
Somerset BA6 9JY  
Tel: 01458 831201  
Fax: 01458 834563

1st Floor Court Hall,  
Castle Street,  
**Trowbridge**  
Wiltshire BA14 8AR  
Tel: 01225 776000  
Fax: 01225 719846

56a High Street,  
**Heathfield,**  
East Sussex TN21 8JB  
Tel: 01435 868248  
Fax: 01435 860606

Clearbrook House,  
Bristol Road,  
**Sherborne**  
Dorset DT9 4EF  
Tel: 01935 817800  
Fax: 01935 817688

### **Candlelight24 Live-In Care**

1st Floor Court Hall,  
Castle Street,  
**Trowbridge**  
Wiltshire BA14 8AR  
Tel: 01225 719850  
Fax: 01225 719846

Candlelight Homecare Services  
*Making Life Easier*

Candlelight  
Good Practice Guide to:

# **Looking After Yourself and Others during Hot Weather**

