

HEATWAVE SAFETY

Protect your family when temperatures rise.

PRINT IT. KEEP IT HANDY. MAKE A FAMILY PLAN.

1 BEFORE THE HEAT

Prepare your home.



Check forecasts

Know local heat alerts.



Keep water ready

Store safe drinking water.



Check on people

Plan support for vulnerable people.



Plan a cool place

Find a cooler indoor location.

2 DURING HOT WEATHER

Reduce heat exposure.



Drink regularly

Offer water often; follow medical advice.



Stay cooler

Use shade, curtains and ventilation when safe.



Avoid peak heat

Move strenuous tasks to cooler hours.



Stay connected

Check on neighbours and family.

3 RECOGNISE DANGER

Act early.



Heat exhaustion

Dizziness, headache, nausea or weakness.



Cool the person

Move to cool place; loosen clothing.



Urgent warning

Confusion, seizure or collapse: emergency help.



Never leave anyone

No children or pets in parked cars.

4 FAMILY ACTION PLAN

Write it down.



Cooling place

Where will we go if home is too hot?



Emergency contacts

Who will we call for help?



Drinks and meds

Plan safe storage of medicines.



Go-bag

Pack essentials for a short move.

MY FAMILY PLAN:

Local alert source: _____ Emergency contact: _____

HEATWAVE SAFETY — SAFETY NOTES

Keep this page with your visual quick-glance guide.

1

HEAT RISK IS NOT THE SAME FOR EVERYONE

Older people, infants, pregnant people, outdoor workers, and people with some medical conditions or medicines may be at greater risk. Check advice from a healthcare professional for individual needs.

2

SIGNS OF SERIOUS HEAT ILLNESS

Confusion, seizures, collapse, or a person who is very unwell in hot conditions can indicate heatstroke. Call local emergency services immediately and start cooling while waiting for help.

3

COOLING SAFELY

Use a cool room, shade, cool water on skin, and air movement where helpful. Follow local advice on windows and fans: fans alone may not prevent heat illness in extreme heat.

4

KEEP WATER AND MEDICINES SAFE

Use safe drinking water. Some medicines need temperature-controlled storage; check their packaging and ask a pharmacist if unsure.

MAKE IT PRACTICAL

Write your own local emergency number, contact details and relevant official alert service on page 1. Review the guide with your household.

OFFICIAL REFERENCE POINTS (check local rules):

[who.int/health-topics/heatwaves](https://www.who.int/health-topics/heatwaves)

[ready.gov/heat](https://www.ready.gov/heat)

[nhs.uk/conditions/heat-exhaustion-heatstroke/](https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/)