

HEATWAVE

The main risks posed by a heatwave are:

- Dehydration (not having enough water)
- Overheating, which can make symptoms worse for people who already have
- Problems with their heart or breathing
- Heat exhaustion
- Heatstroke.
- Sunburn.
- Over exposure to UV radiation

Tips for coping in hot weather

- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Drink cold drinks regularly, such as water and fruit juice. Avoid tea, coffee and alcohol.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Wear loose, cool clothing and a hat if you go outdoors.
- Use of sun block cream.

Windows in Perceval House

MUST remain shut so that the building management system works to keep the whole offices cool.

EALING COUNCIL