Public Health England

Beat the Heat

Coping with heat & COVID-19

Stay cool at home

Many of us will need to stay safe at home this summer

Know how to keep your home cool

Look out for others safely, follow COVID-19 guidance

Stay cool, keep well

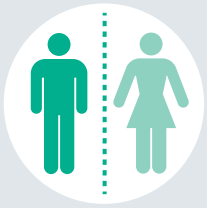
Drink plenty of fluids and avoid excess alcohol

Slow down when it is hot

Stay connected, listen to the forecast

Cooler, safer places

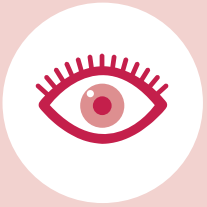
Go indoors or outdoors, whichever feels cooler



Self-isolate at home if advised to do so

Use cool spaces considerately, keep your distance

Watch out



Be on the lookout for signs of heat related illness

Cool your skin with water, slow down and drink water

Stay safe when swimming

Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

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