

Age Scotland's tips for staying cool



1. Stay cool inside during the hottest time of the day from late morning to mid-afternoon. If you do go out use sunscreen of factor 15 or above, wear a hat and stay in the shade if you can. Keep your house cool by keeping curtains and blinds closed in rooms that catch the sun.
2. .Limit strenuous activities like housework and gardening – most chores will keep until it's cooler.
3. Drink lots of fluid, whether you are at home or out and about. Limit caffeine and avoid alcohol as they increase the risk of dehydration.
4. Watch what you eat: Try to have more cold foods such as salads and fruits as they contain a lot of water; keep chilled food cold, bacteria grow quickly in warm weather; keep hot food hot, particularly make sure barbequed food is cooked right through
5. Dress for the sun: light-coloured, loose cotton clothing can help you stay cool in the heat. Let your feet breathe too, wear comfortable sandals which support your feet
6. Cool off with cold water: a cool bath, shower or splash of water on your face can help you cool down. .
7. Check for weather forecasts and temperature warnings on TV, radio and online at www.metoffice.gov.uk