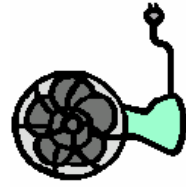


## If someone is ill:



Cool them down



Give them a cold drink

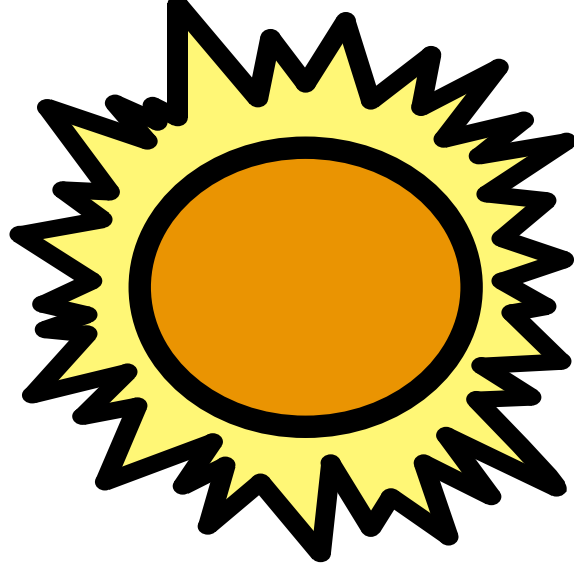


Get Help

Bristol



Primary Care Trust



**What to do when  
it is very hot**



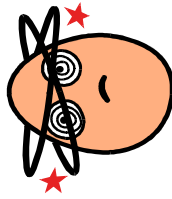
Very hot weather can  
make you ill



## Getting hot can make you:



Have a headache



Feel dizzy



Feel sick



Feel tired



Have a temperature

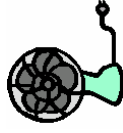
## When it is hot.....



Don't lie in the sun



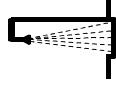
Keep your house cool  
with closed curtains



Use a fan



Wear light clothes like a  
T-shirt and shorts



Have a cool shower or  
bath



Eat salads and fruit



Drink lots of cold drinks