



Heat Health

Sunday, Monday and Tuesday is going to be very hot!

- Keep rooms well ventilated
- Wear lightweight clothes
- Stay hydrated
- Stay out of the sun between 11am and 3pm
- Stay in the shade, wear sun cream and a wide brimmed hat if outside

At School on Monday and Tuesday

Getting ready for school:

- Apply sun cream before school
- Make sure your water bottle is with you in school
- Bring a hat – ideally with a wide brim
- Wear sandals if you have them (not flip flops or sliders)
- Instead of a polo shirt wear your PE t-shirt (plain white or logo)

At School on Monday and Tuesday

At school:

- Your t-shirt can stay untucked to help you keep cooler
- Everyone will be staying indoors between 11am-3pm
- PE can only happen in the first lesson slot
- Afternoon lessons might be different to usual – teachers can choose activities that keep us still and keep technology off

Heat Exhaustion & Heatstroke

Look out for:

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- a high temperature of 38C or above
- being very thirsty
- going 'floppy'

Heat Exhaustion & Heatstroke

How to cool someone down:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.

Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.