

## Keeping safe in hot weather



### Easy read guide



Sometimes the weather is very hot.



Hot weather can make you feel unwell.



It is important to keep cool and drink enough water.



Some people are more likely to become unwell in hot weather.

# How to keep cool



Drink lots of water.  
Around 8 glasses a day.



Do not drink too much alcohol.



Stay inside if it is very hot  
outside.



Close the windows and curtains  
to keep the sun out.



Use a fan or air conditioning if you have it.



Wear light, loose clothes.

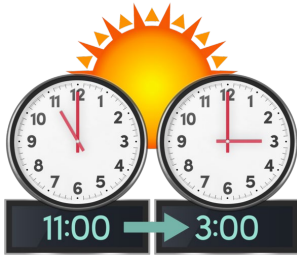


Wear a hat and sunglasses if you go outside.

## Take care in the sun



Try to stay in the shade.



Go outside early in the morning or later in the evening when it is cooler.



Use sunscreen if you are outside.



Choose one that has 30 or a higher number on the front.  
This gives better protection.



Take regular breaks.



If your eyes feel dry or sore you might need eye drops.

Speak to your eye doctor or a chemist.

# If you feel unwell



Hot weather can make you:

- Have a headache



- Very sweaty



- Feel sick or dizzy



- Feel tired or weak



If you feel like this, move somewhere cool.



Drink some water.



Rest until you feel better.

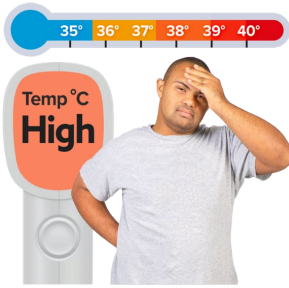


Sometimes hot weather can make people very ill.

This is called **heatstroke**.



Heatstroke is an emergency.



Signs of heatstroke can include:

- A very high temperature



- Feeling confused or not making sense



- Fast breathing and a fast heartbeat



- Hot skin without sweating



If you think you or someone else has heatstroke, get medical help straight away.



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