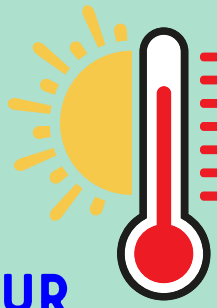
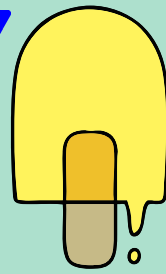


Hot weather can make air pollution worse!

For maximum health effect, combine tips on how to reduce your exposure to air pollution at the same time as staying cool!

STAY COOL! FOR KIDS



MY STAYING COOL CHECKLIST

BEFORE YOU LEAVE THE HOUSE CHECK WITH YOUR PARENT OR CARER:

Have I remembered my:

Water Bottle

Sun cream

Hat



Did we remember to:

Close the curtains

Turn off the electrical appliances



BEFORE AND DURING BREAK AND LUNCH TIME

Have I remembered to:

Spend some time in the shade

Put on my hat

Sit down and have a rest

Drink lots of water



Stay safe during the hot weather!

If we spend too much time in the sun it can make us unwell. Can you think of a game you can play sitting down in the shade during break?

THIS BIT IS FOR MY PARENT OR CARER

Are you worried that your child is too hot?

Here are some signs to look out for:

- dark urine or dry nappies may indicate dehydration
- dizziness, headache
- nausea, vomiting
- excessive sweating and pale, clammy skin

Try these steps to cool them down:

- move them to a cool area and encourage them to drink cool water
- cool the child by sponging or spraying the child with cool water and placing wrapped cold packs around the neck and armpits, or wrapping the child in a cool, wet sheet. Assist cooling with a fan
- If you are worried about their symptoms, call 111

Heatstroke

If your child doesn't cool down within **30 minutes** it could become a **medical emergency**.

Signs to look out for include:

- confusion or lack of co-ordination
- seizures (fits)
- loss of consciousness
- high body temperature – of or above 40°C (104°F)
- red, hot skin that can be sweaty or dry
- fast heartbeat
- fast shallow breathing
- diarrhoea

Take immediate action, call 999.