





High temperatures and humidity can present a risk to our health – especially as we get older. Here are some helpful tips on how to stay safe during hot weather.

- Try to avoid spending too much time outside or exercising

- Keep blinds down and windows closed when it's cooler inside than out.
- A damp cloth or a splash of water on the back of your neck can be better at cooling you down than a fan.
- Most medication should be kept below 25°C – so it might be best to keep it in the fridge when it's really hot.
- Check your skin every few months and keep T<sub>RE</sub>TC.en-0.02 Tc 13 0 0

You may want to read some of our relevant information guides and factsheets, such as:

- **Healthy living**
- **Staying safe**

You can order any of our guides or factsheets by giving our Advice Line a ring for free on **0800 169 65 65** (8am-7pm, 365 days a year).

Our friendly advisers are there to help answer any questions.

All of our publications are available in large print and audio formats.

There's plenty of really useful information on our website, too. Visit [www.ageuk.org.uk/wellbeing](http://www.ageuk.org.uk/wellbeing) to get started.

If contact details for your local Age UK are not in the below box, call Age UK Advice free on **0800 169 65 65**.



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[www.ageuk.org.uk](http://www.ageuk.org.uk)

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