Heatwave - keeping cool

Heatwaves are periods of extreme heat. They can become a serious risk to our health and wellbeing.

Get ready for the heat of summer before it arrives.

During a heatwave keep cool and stay out of the heat. Drink lots of water and dress in loose fitting, cool clothing.

Check on your neighbours, especially if they are elderly.

Ensure your pets are well looked after. Put water out for native animals.

Never leave children or animals in cars.

Go somewhere cool during the heat of the day.

Heat stress can be dangerous. Call 000 or see your doctor if somebody falls ill from the heat.