

KEEPING SAFE IN HOT WEATHER

Advice for people who may be at risk

Hot weather puts extra strain on the body — especially if you are older or take regular medicines.

The most important thing you can do is keep drinking regularly throughout the day.

DRINKING ENOUGH

Aim for around **6–8 cups of fluid a day** — this includes tea, coffee, squash, soup and juice.

Unless your doctor or specialist has told you to limit your fluids — in that case, follow their advice.


A simple check: your urine should be **pale yellow**. Dark or strong-smelling urine means you need to drink more.

If you feel thirsty, your body is already telling you it needs more fluid.

WORRIED ABOUT TOILET TRIPS?

"I don't want to drink more because I'll need the toilet all the time"

This is very common. Here are a few things that can help:

 **Spread your drinks through the day** — try to have most of them before early evening, and less close to bedtime.

 **Small sips, little and often** — easier on the bladder than drinking large amounts at once.

 **Food counts too** — cucumber, melon, yoghurt, soup, and ice lollies all help keep you hydrated.

 **All drinks count** — you do not have to drink plain water. Any fluid helps.



WHEN TO GET HELP



Call GP or NHS 111 if:

- No urine for 8+ hours
- Very dizzy, faint or confused
- Temperature 38°C or above
- Vomiting, cannot keep fluids down



Call 999 immediately if:

- Temperature 40°C or above
 - Collapse or not conscious
 - Seizures or not responding
- Do not wait — call straight away.**



KEEPING COOL AT HOME



Keep curtains and blinds closed during the hottest part of the day (11am–3pm).



Open windows in the cooler parts of the day — if nights are still hot, keep windows closed and use a fan instead.



A damp, cool flannel on your wrists, neck or forehead can help cool you down quickly.



Wear loose, light clothing and use lighter bedding at night.



Move to the coolest room in your home during the hottest part of the day if you can.



YOUR MEDICINES

Keep taking your medicines as normal — **do not stop them without speaking to your GP or pharmacist first.**

Some medicines can make dehydration worse in the heat. These include:



Water tablets — furosemide, bumetanide, indapamide, spironolactone



Blood pressure medicines — ramipril, lisinopril, losartan, candesartan, amlodipine



Some diabetes medicines — metformin, dapagliflozin, empagliflozin



Anti-inflammatory painkillers (tablets only) — ibuprofen, naproxen. Use paracetamol instead if possible. Gels and creams on the skin are fine.

If you feel unwell and cannot eat or drink properly, **contact your GP or call NHS 111 the same day.**

Questions about your medicines?

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The Sick Day Medicines (AKI) leaflet is also available at the link above.

Available in large print on request.