

# Looking after children in hot weather



Check the news  
and weather  
forecast



Wear sunscreen,  
hat & sunglasses  
when outside



Schedule activities  
to cooler times  
of the day



Ensure they  
drink plenty  
of fluids



Look out for  
signs of heat  
related illness



**Be Safe** - Cool the child down  
as soon as you can

**Act Fast** - Get help. Call NHS  
111 or in an emergency 999.



Scan the QR for  
more information

