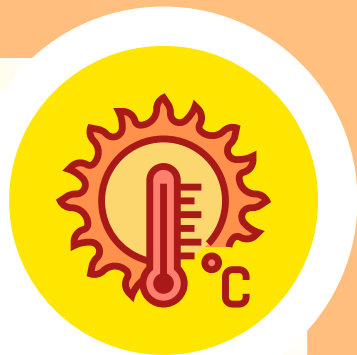


HEATWAVE PREPAREDNESS

FOR VCSE ORGANISATIONS



As we progress through the summer months, it is crucial to understand and prepare for the challenges that heatwaves may pose.

The VCSEP's **Heatwave Preparedness** resource provides communities with valuable insights, resources, and guidance to help organisations navigate the risks associated with extreme heat.

By staying informed and taking proactive measures, we can collectively mitigate the impact of heatwaves and ensure the safety and wellbeing of our communities.

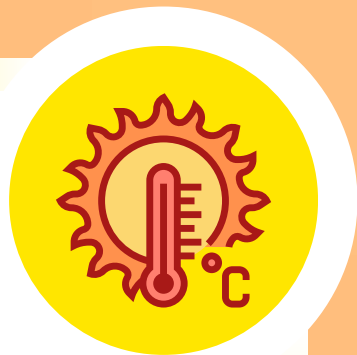
This resource page brings together a range of guidance and advice from sources such as **UKHSA**, the NHS, Met Office, Homeless Link and British Red Cross.

[Access the VCSEP resource page here](#)

[Check for weather warnings in your area](#)

[British Red Cross guidance](#)

HEATWAVE PREPAREDNESS



KEEPING YOURSELF SAFE IN THE HEAT



Keep out of the sun at the hottest time of the day, between 11am and 3pm



Plan to do physical activity (e.g. exercise or walking the dog) during times of the day when it is cooler such as the morning or evening.



Keep your home cool by closing windows and curtains in rooms that face the sun



If you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply **sunscreen**



Drink plenty of **fluids** and limit your alcohol intake



Check on family, friends and neighbours who may be at **higher risk** of becoming unwell, and if you are at higher risk, ask them to do the same for you



Know the symptoms of **heat exhaustion and heatstroke** and what to do if you or someone else has them



Beat the Heat



British Red Cross

