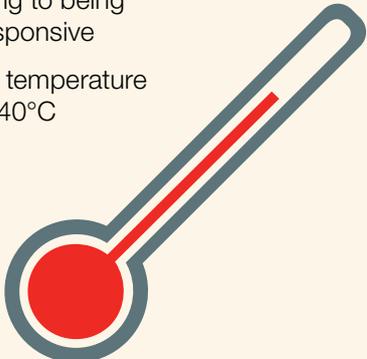


First aid advice during heatwaves

Health risk	Symptoms	How to help
<p>Dehydration: when your body loses more water than it takes in, often as a result of sweating in hot weather</p>	<ul style="list-style-type: none"> - dry mouth - dizziness and confusion - headache - reduction in or dark urine 	<p>Drink plenty of water and avoid alcohol or caffeine as they can make dehydration worse.</p> 
<p>Heat exhaustion: caused by excessive sweating resulting in a loss of body fluids and salts</p> 	<ul style="list-style-type: none"> - dizziness and confusion - headache - sweating and having pale, clammy or cool skin - feeling nauseous - stomach, leg or arm cramps - rapid pulse and breathing 	<p>Help the person to a cool place and get them to rest lying down with their legs raised.</p> <p>Give them plenty of water to drink, which will replace lost fluids. If you have them, isotonic sports drinks will help replace salts lost through sweating.</p> <p>Even if the person appears to recover fully, you should seek medical advice. If their condition gets worse, call 999 for emergency help.</p>
<p>Heatstroke: when the body temperature becomes dangerously high and the body is unable to cool itself, due to prolonged exposure to heat</p> 	<ul style="list-style-type: none"> - hot, flushed and dry skin - headaches, dizziness or feeling confused and/or restless - rapidly worsening condition leading to being unresponsive - body temperature over 40°C 	<p>Call 999 immediately or ask someone else to do it.</p> <p>Quickly move them into a cool environment and remove outer clothing. Loosely wrap the person in cold damp clothes or a sheet. Continuously pour cold water over the sheet or clothes. If there is no sheet available, you can also fan them or sponge them with cold water. Keep cooling them while waiting for help to arrive.</p> <p>If their temperature returns to normal and they no longer feel hot to touch, you can stop cooling them. Replace the wet sheet with a dry one and help them to rest.</p>
<p>Sunburn: skin damage caused by too much sun exposure</p>	<ul style="list-style-type: none"> - red and painful skin (these symptoms can take up to five hours to appear) 	<p>Move the person out of the sun and encourage them to drink sips of cold water. Cool the affected skin with cold water or encourage them to soak in a cold bath for up to 20 minutes. Calamine or aftersun lotion may also soothe the skin.</p>
<p>Hay fever: allergic reaction caused by high pollen levels. Warm, sunny weather can increase pollen levels in the air, so it is important to watch out for updates on this in the weather forecast</p>	<ul style="list-style-type: none"> - sneezing - itchy eyes - runny nose 	<p>Most symptoms can be treated with medicines called antihistamines which help relieve the symptoms of allergies.</p> <p>Other measures include: wearing wraparound sunglasses to stop pollen getting in the eyes; showering and changing clothes after being outside to wash pollen off; and remaining indoors when pollen levels are high.</p>