

ACT Now

The newsletter of Age Concern Thurrock



Most of us enjoy the warm sunny weather but our climate here in England is not always to be relied upon! Therefore whilst we happily remember to think about looking after ourselves in hot weather abroad we often forget to do so in hot spells here at home.

Older people are one of the groups that are particularly at risk during the hot weather. So below are a few tips to bear in mind if the good weather should continue.

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- If a heat wave is forecast, try to plan your day in a way so as to allow you to stay out of the heat.
- Plan your activities such as shopping and housework. Try to do these during the cooler parts of the day or if they are not essential why not leave them till another day?
- If you can, avoid going out in the hottest part of the day (11am – 3pm)
- If you go out, stay in the shade. Wear a hat and light, loose fitting clothes, preferably cotton.
- In the warm weather drink plenty of water.
- Use a high factor sun cream if you are to be out for any length of time
- If you are undertaking strenuous outdoor activity, like sport, DIY or gardening then keep it for the cooler parts of the day like early morning.



When the temperature stays very high day after day be especially careful. In the heat we get dehydrated and our body overheats. The symptoms of heat exhaustions can be headache, nausea, dizziness, confusion, raised temperature, intense thirst

- The best thing you can do is to drink plenty of water or juice.
- Avoid tea and coffee as they can make dehydration worse.
- Get out of the sun, into a cool room,
- If possible have a cool shower or sponge down with cold water particularly your face and the back of your neck.
- If the symptoms persist for several hours, seek medical advice. Call your GP, NHS Direct (0845 46 47) or 999 if an ambulance is needed.



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If you would like a booklet with more information about how to cope in the hot weather please contact Age Concern on 01375 389872



Age Concern Thurrock is once again having an information stall at the Party in the Park, in Dilkes Park, South Ockendon on July 25th 12noon – 5pm. Come along and visit us and pick up a booklet or get some further information.

We have information on a great number of topics in our Beehive office please visit or call us if you need any help.