

## Resources

- Beat the Heat: advice for everyone
  - [General guidance on staying safe in hot weather](#)
  - [Keep cool at home checklist](#)
  - [Beat the Heat Poster](#)
- NHS advice
  - [Heatwave: how to cope in hot weather](#)
  - [Heat exhaustion and heatstroke](#)
  - [Keeping your baby safe in the sun](#)
- Sun safety
  - [Cancer Research UK - Sun, UV and cancer](#)
  - [NHS - Sunscreen and sun safety](#)
  - [NHS - How to get vitamin D from sunlight](#)
- Water safety
  - [Royal Life Saving Society UK - Water safety advice](#)
  - [Royal National Lifeboat Institution - Water safety advice](#)
  - [Child Accident Prevention Trust - Drowning](#)
  - [Frimley Health and Care - Video on family water safety](#)
  - [Environment Agency and Public Health England – Open water swimming](#)
- Window safety
  - [Child Accident Prevention Trust - Falls from Open Windows](#)
  - [Royal Society for the Prevention of Accidents - Window restrictors](#)
  - [Health and Safety Executive - Risk of falling from windows](#)
- Where to get help
  - [Pharmacists](#) – for treatment advice and minor ailments
  - [NHS 111](#) – for urgent medical problems or if you are not sure what to do
  - [Your GP](#) – book an appointment or use their online services
  - [Minor injury units or Urgent Treatment Centres](#) – for injuries or illnesses that are urgent but not life threatening
  - Call [999](#) or visit [A&E](#) – for serious injuries and life-threatening emergencies
- Data and forecasts
  - [UKHSA Weather Health Alerting System](#)
  - [Met Office Weather Forecasts](#)
  - [Defra - UV Index Graphs](#)
  - [Defra - UK-AIR website](#) – air pollution can become worse during periods of hot weather and affect those with heart and/or lung problems