

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