

SUMMER CARE

ENJOY THE SUMMER AND MINIMISE THE RISK

We all love the sunshine- sitting in a beer garden or having a BBQ with friends and family- but do we take our own wellbeing seriously in summer?

The sun is shining, the weather is warm, we have a little bit more skin on show than usual, we drink a few more glasses of wine than normal... just the usual summer fun. But we need to make sure this is done in a healthy and mindful way.

"This summer, check in on a neighbour, an elder, or a friend- it could mean more than you know."



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ESSENTIAL SUMMER CARE TIPS

- **Stay Hydrated**- Drink plenty of water throughout the day- even if you don't feel thirsty. Avoid excess caffeine and alcohol, which can dehydrate you.
- **Use Sunscreen**- Apply a plenty of sunscreen with at least SPF 30 every 2 hours when outdoors. Don't forget your ears, neck, and feet.
- **Wear Protective Clothing**- Choose lightweight, loose-fitting, light-colored clothing. Add a wide-brimmed hat and UV-blocking sunglasses for extra protection.
- **Avoid the Midday Sun**- Limit outdoor activities between 11am and 3pm when the sun is at its strongest. Opt for shaded areas when possible.
- **Keep Your Home Cool**- Use fans, keep blinds closed during peak heat hours, and open windows at night to let in cooler air.
- **Eat Light and Fresh**- Choose water- rich foods like fruits and salads. Avoid heavy meals which can raise your body temperature.
- **Watch out for Heat-Related Illness**- Be alert for signs of heat exhaustion or heatstroke- like dizziness, nausea, or confusion- and seek help immediately if symptoms arise.
- **Monitor Alcohol Consumption**- Be mindful of how much alcohol you consume to avoid dehydration and overheating.
- **Take Extra Care of Pets and Children**- Never leave them in parked cars and ensure they have access to shade and water when outside.
- **Stay Safe in Water**- Always supervise children near pools or open water, and never swim alone.

