

# Stay Well in Very Hot or Cold Weather



**This is an Easy Read guide made  
by people with lived experience of  
autism and learning disabilities**

The **yellow part** is about hot weather

The **blue part** is about cold weather

The **green part** is helpful information  
with some website links



# Hot Weather



Very hot weather that lasts more than two days is called a heatwave.

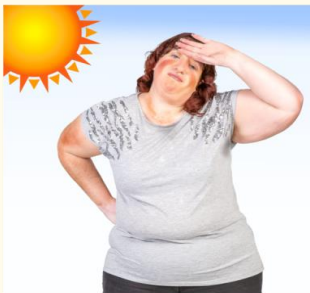
Very hot weather can make us sick.

We had a heatwave in July 2022 when it got as hot as a desert in Africa. This is the hottest weather we've ever had.



The NHS looks after our health. 'NHS' stands for National Health Service.

An NHS report showed that some people sadly died because of the 2022 heatwave.



There will be more hot days. We want to help you stay safe and well.

We have shared some tips in this booklet.



## Be prepared

Make sure you already have the things you need.

Watch the news, weather and social media for forecasts and information.



## Here are some things you can do to stop yourself getting hot

The sun is hottest between 11am and 3pm – stay indoors.



If it's very hot, close your curtains or blinds to stop the sun heating the room up.



Drink plenty of water or squash.

Ice lollies and ice cubes are good for keeping cool.

Try not to drink alcohol or high caffeine drinks like coffee or cola.



Wear loose clothes that aren't thick and heavy.

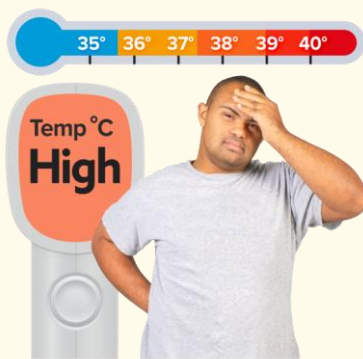
Wear a hat and sunglasses if you do go outside.



Sun cream protects your skin from burning. It also helps stop skin cancer developing.

Sun cream protects all skin colours.

It is best to use one that has a big number like 30+ or more.



## How to cool down

If you start to feel too hot here are some ideas to cool down:



Move to a cooler room in your home. Rooms that don't face the sun are sometimes a bit cooler.

Close the curtains or blinds, and close the window if the air outside is hot.



Use a fan if you have one. This makes a breeze to help you feel cooler.

You can also put ice in your drinks, or even a wet cloth around your neck.



## Heat Exhaustion

This is when your body gets too hot.  
You need to take special care if...

You get a headache or muscle cramps.



You feel sick, or are sick.



You sweat a lot.

Or you are very thirsty and water isn't helping.



It is important to try to cool down. The tips on page 3 can help with this.

If you are worried you can call 111 – they will ask you some questions and help you.



## Heatstroke

Heatstroke is when the body can't cool down and it can be dangerous.

If someone has heatstroke they might be very confused.



They might feel clumsy, such as finding it hard to walk or pick things up.

They might feel out of breath, or have a fast heartbeat.



Their skin might feel really hot, but isn't sweating.

They can even have seizures.

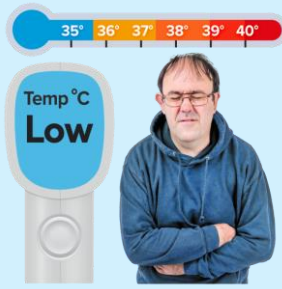


**999**

## Heatstroke is an emergency and you should call 999

Tell them what is happening so you can get help.

# Cold Weather



It can get very cold in winter.

We are more likely to get ill when it is cold.

We can catch colds and get flu.

If we already have health conditions, the cold weather can make us feel worse.

We want to help you stay well in winter.



## Be prepared

Make sure you already have the things you need in your home.

Watch the news, weather and social media for forecasts and information.



Get your vaccinations and boosters.

Ask your Doctor if you are able to get a free flu vaccine. It is good to get these once every year if you are eligible.

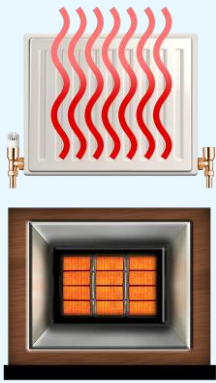
If you haven't had the COVID vaccinations you may still be able to get these.



## Staying warm in your home

Lots of homes have a boiler to heat their water and radiators.

Get your boiler checked so it is working well. Energy companies can do this.



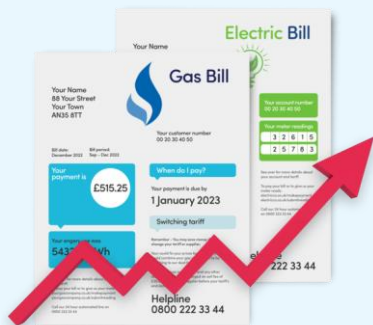
If you have gas heating in your home, like central heating or a gas fire, you will need a safety check every year.

If you are renting your landlord needs to organise a gas safety check. Your landlord should also get your boiler checked.



Lots of people worry about the cost of heating and paying bills.

Try to heat the main room you are using. This costs less than heating every room in your home.



People who get benefits such as Universal Credit, or who don't earn a lot of money might be able to get a **Warm Home Discount**.

Ask your energy provider about this. They might be able to take £150 off your bill in winter.





If you have central heating you will have a **thermostat**. A thermostat controls how hot or cold the heating gets.

The number should say at least 18 degrees.



Keep your bedroom window closed at night.

And close your curtains to keep the heating in.



Wear lots of layers of thinner clothing to keep warm.

Fingerless gloves can keep your hands warm indoors.



Moving your body helps you get warm.

If you are sitting still for a long time, remember to get up and move about.

You can make this fun by playing your favourite music and having a dance.

Or do some stretches when sitting, if you can't move about.



Some people like to use hot water bottles or electric blankets.

Remember not to use both at the same time.



Use nice warm bedding at night time.

Cosy socks are good, too.



Eat healthy food. Try to eat at least one hot meal a day in winter.

And drink plenty of water. Hot drinks like tea can keep you warm.



Make sure you have the right medicines at home in case you get poorly.

Ask your pharmacist if you're not sure what medications you should have.



It is very easy to catch colds and other illnesses from people in winter.



Protect yourself and others by washing your hands with warm, soapy water.



Cover your mouth when you cough or sneeze.

Some people wear a face mask in public spaces. It helps stop germs spreading and keeps your face warm.



## Look after your mental health

Winter can last a long time.

We might spend more time inside and start to feel lonely or bored.

Check your local council website to see if there are groups you can join.



Some libraries and community centres have **Welcome Spaces** in winter. You can have a hot drink, get warm and meet people.

Go to [www.warmwelcome.uk](http://www.warmwelcome.uk)



Stay in touch with your friends and do lots of fun activities that make you feel happy, such as hobbies.

# Helpful Information



We hope you have found this booklet helpful.

This part has more information and website links you might find useful.

If you need some support to look at the links online you could ask a family member, friend or support worker to help you.



## Annual Health Checks

These happen once a year with your Doctor or Nurse. They are for people with a learning disability who are aged 14 or more.

They help you stay healthy.

You should get a letter reminding you to have your check. If you don't you can ask your Doctor.



Mencap have made an Easy Read guide to explain what happens at an annual health check.

You can also watch this video.

## LeDeR Report



In the yellow part of this booklet we talked about hot weather. We told you about the NHS and a report they did.

This is called the LeDeR report. It looks at the lives and deaths of people with learning disabilities and autistic people.

A reviewer checks their care and finds out why they died.

LeDeR found that these people do not always get good healthcare.



The report helps health and care staff learn how to support these people better.



Click [this link](#) if you would like to see Easy Read information about the LeDeR report for 2022-2023.

## Skin Cancer



Too much sun is the main cause of skin cancer.

MacMillan is a charity that supports people with cancer. You can click this [Easy Read guide](#) to learn more about being safe in the sun.



## Priority Services Register

The Priority Services Register (PSR) is a free service in the UK. It gives extra help and advice.

This is useful if your electricity, gas, or water stops working.

The PSR helps people who need more support. This can be because they are older, have a disability, or need extra care.

Click this link to find out how to join:  
**[www.thepsr.co.uk](http://www.thepsr.co.uk)**



## Citizens Advice

Citizens Advice is a charity that can give free advice about lots of things like bills and benefits.

You can get help online.

You can also call them on the phone.

Click on the link at the bottom to find your local office:

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

