



Staying safe in the sun

Many people enjoy the sunny weather but it's important to remember that some medications can affect the body's ability to regulate its temperature in hot weather.



Are you **overheating**?

Here are some signs to watch out for:



Dizziness and
headaches



Nausea and
vomiting



Weakness and
muscle cramps



Rapid heartbeat

Our top tips to **keep cool**



Stay in the shade, wear a hat or
use an umbrella



Use sunscreen - try for SPF 50
and don't forget to reapply regularly



Make sure you stay hydrated and
drink water or squash



Avoid vigorous exercise
especially between 11am - 3pm



Avoid drinking alcohol or caffeinated
drinks as these can cause dehydration



Speak to your healthcare professional
for further sun safety guidance