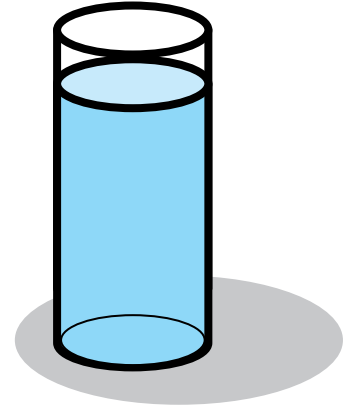




# Stay well, stay hydrated



**Hot weather and lack of fluids can cause symptoms of dehydration like dizziness, dry mouth and headaches. Here are some handy tips to help you keep hydrated:**

- Have plenty of cold drinks. Avoid excess alcohol, caffeine and hot drinks and drink water or fruit juice to rehydrate.
- Keep out of the sun, which is at its hottest between 11am and 3pm.
- Eat plenty of cold foods, particularly salads and fruit with a high water content.
- If you are feeling dizzy or light-headed, sit down somewhere safe and ask someone to stay with you.
- Use a rehydration solution to help to balance body fluids. See your pharmacist for advice on over-the-counter products.
- Avoid extreme physical exertion.

**Babies, young children and older people are more seriously affected by dehydration. Seek advice from NHS 111 or contact your GP.**

**Most symptoms should clear up in a few days. If your symptoms haven't improved or are getting worse please call NHS 111 or telephone your GP.**



when it's less  
urgent than 999

**NHS 111 is a free 24 hour service and will give you healthcare advice or direct you to the local service that is best for you.**