

AMBULANCE SERVICE



Taking care in the hot weather

Hot weather conditions mean more people dial 190 with breathing difficulties, chest pain or because they feel faint and dizzy in the heat. The hot weather can also make existing conditions – like asthma or hayfever – worse.

To make sure you stay safe in the hot weather:

- **Drink plenty of water**
- **Avoid drinking alcohol in the sun**
- **Try to keep as cool as possible** – wear a hat when outdoors
- **Use plenty of suncream**
- **Check on your neighbours**, especially the elderly
- **Keep babies and young children out of the sun** – they are more at risk
- **Avoid strenuous outdoor activity at the hottest part of the day**



Use us wisely

We urge the public to 'use us wisely' in order to ensure that seriously ill and injured patients continue to get as fast a response as possible. We also ask people whose call is not an emergency to consider other healthcare options rather than dialling 190. These include:

- self-care at home
- talking to your local pharmacist
- calling or visiting your GP
- making your own way to your A&E department—arriving in an ambulance does not mean you will be seen more quickly.