

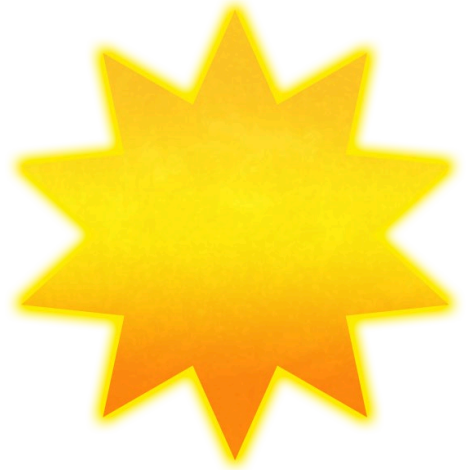


UK Health
Security
Agency



Beat the heat: keep cool at home

Easy Read booklet



Keeping cool at home



It can be difficult to keep your home cool when it is very hot outside.



This booklet is about:

- who is most likely to be ill because of hot weather



- how to keep your home cool



- where to get help and advice

About homes



Some homes are more at risk of overheating than others.



- top floor flats
- homes in cities



- homes which are well insulated against cold weather

- homes with windows that:

- face the sun
- don't open wide
- don't have blinds or curtains



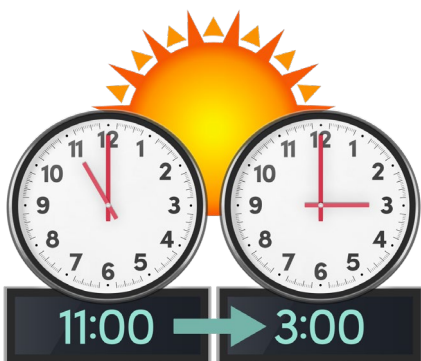
About people



Some people are more likely to be ill because of hot weather.

People who:

- are over 65 years old
- are 5 years old or younger
- have long-term health conditions
- are pregnant
- live alone, or need help to look after themselves
- have dementia, mental health, drug or alcohol addiction
- are at home during the hottest part of the day



How to keep your home cool



Here are some ideas for keeping your home cool.

- use curtains, blinds or shutters on your windows

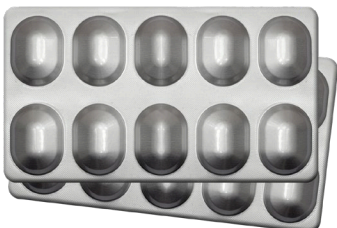


- open windows in the morning and evening

- turn your heating off and use air conditioning if you have it



- check that your fridge and freezer are working properly
- turn off any appliances that you don't need



- store medicines in a cool place
– read the label for instructions

Help and advice



Your health

[Beat the heat](#)

[Heat exhaustion and heat stroke](#)

[Sunscreen and sun safety](#)



Preparing your home for summer

If you live in social housing or a rented home, contact your:

- local council
- social housing provider
- landlord
- local Citizens Advice



Help and advice



EAC Housing Care

Helping older people live safely and well at home.

<https://housingcare.org/>



Age UK

Advice about housing options

Phone: 0800 678 1602

<https://www.ageuk.org.uk/information-advice/care/housing-options/>



Home Improvement Agencies

Information about home adaptations and repairs in your local area.

Web: <https://www.findmyhia.org.uk/>