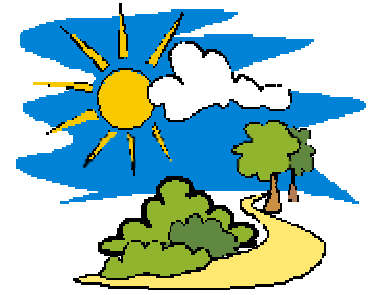


Haringey Learning Disabilities Partnership Information for people with learning disabilities, staff and carers.



This is important. Please read!



Now it is very hot.

When it is very hot it can make
you unwell.

To stop yourself getting unwell do this:



Keep out of the sun
between
11:00am and 3:00pm.



If you do have to go out cover up
with light clothes.

Wear a hat and sun cream.

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Stay cool. Splash water on your face. Have a cool shower or a cool bath.



Drink lots of water. Try not to drink alcohol.



Tell someone if you feel unwell.
This can be your support worker,
carer or doctor.
When there is no one around ring
the health services on the NHS
Direct number: 0845 4647.