

STEERING THE SUMMER: PREPARING FOR HOT WEATHER



If you are living in temporary accommodation, sleeping rough, at risk of homelessness, or are living in unsuitable, overcrowded or poorly ventilated housing, you are at a higher risk of extreme heat and related health risks. Here's what you can do to stay cool during a heatwave.

Find Cool Spaces near you

Cool Spaces are **public places** in London where anyone can go during hot days to **escape the heat, rest, and cool down** safely. The Cool spaces Map is an interactive map that you can use to find cool spaces near you.

- Tier 1 cool spaces offer core amenities including free access, seating, drinking water, accessible toilets and long opening hours
- Tier 2 cool spaces are open less frequently, and may have fewer amenities

You can filter the search to look for free drinking water, tree canopy covers and areas with air conditioning in your area.

Scan the code



or click here to
[find cool spaces
near you](#)

Sign up for Heat/Health Alert

You can know about upcoming heatwaves via **Heat-Health Alerts** that sends notifications straight to your phone or email. You will be **informed in advance** on when dangerously hot weather is coming, so you can plan ahead, stay cool, and protect your health.

Scan the code



or click here to
[Sign up to
receive alerts](#)

Recognise Heat Exhaustion & Heat Stroke

Signs of **heat exhaustion** include tiredness, dizziness, headache, sweating, cramps, and feeling sick. It can be serious but usually gets better if you cool down, rest, and drink fluids. If symptoms don't improve in 30 minutes, it could turn into **heatstroke**, which is an emergency.

Scan the code



or click here to
[check your
symptoms](#)

Reduce Indoor Heat

If you are in heated indoor environment, here's how you can reduce indoor heat:



COOL YOUR BODY

- Dampen a cloth or T-shirt and place it on your neck.
- Drink lots of water, even if you don't feel thirsty.
- Take cool showers.



CREATE COOL AIR FLOW

- Place a bowl of ice or cold water in front of a fan to blow cooler air.
- Angle fans toward open windows at night for a while to pull hot air out.



REDUCE APPLIANCE HEAT

- Even in standby mode, many appliances like washing machine give off background heat. Unplug them from the wall when possible.