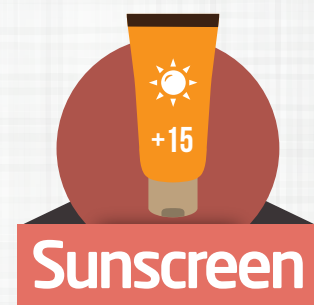




# DRINK PLENTY of Water

(enough to make you pee at least 4 times a day)

**Stay healthy this summer**



Visit [kent.gov.uk/summer](https://kent.gov.uk/summer)

Young children, elderly people and people with existing heart conditions and breathing problems are at most risk of dehydration and heat exhaustion. If you need medical assistance and it's not an emergency call 111 or visit [www.healthhelpnow-nhs.net](https://www.healthhelpnow-nhs.net)



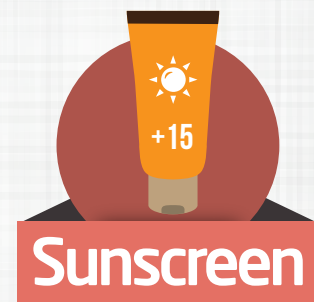




# Take rest BREAKS

if you're out in the heat

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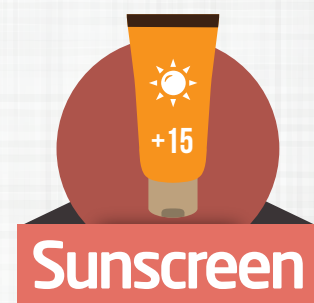
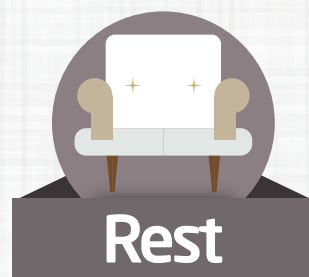




# Stay in the SHADE

between 11am-3pm

Stay healthy this summer

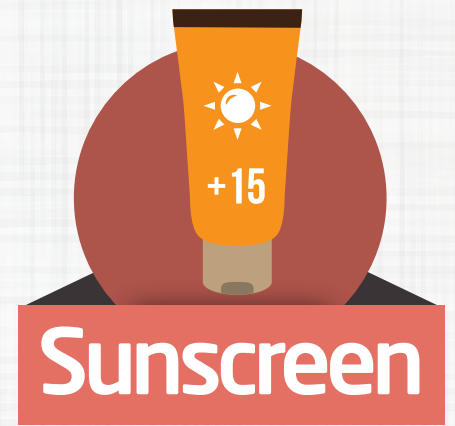


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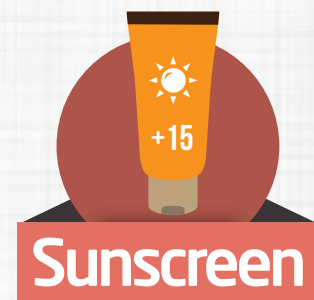






# Cover up and wear a **SUNSCREEN** above SPF15

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## Stay healthy this summer



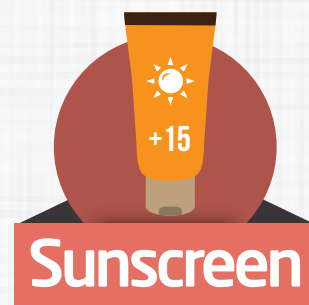
Drink plenty  
of water



Stay in the  
shade between  
11am-3pm



Take rest breaks  
if you're out and  
about



Wear sunscreen  
above SPF15 and  
cover up in the sun

Visit [kent.gov.uk/summer](https://kent.gov.uk/summer)

Young children, elderly people and people with existing heart conditions and breathing problems are at most risk of dehydration and heat exhaustion. If you need medical assistance and it's not an emergency call 111 or visit [www.healthhelpnow-nhs.net](https://www.healthhelpnow-nhs.net)

