



Stay healthy this summer



Water

Drink plenty
of water



Shade

Stay in the
shade between
11am-3pm



Rest

Take rest breaks
if you're out and
about



Sunscreen

Wear sunscreen
above SPF15 and
cover up in the sun

Visit 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





Take rest BREAKS

if you're out in the heat

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

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DRINK PLENTY of Water

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

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