

- Do you work in the health or care sector?
- Do you serve/prepare drinks for people who can't get their own?

How to save lives in hot weather

Everyone needs to drink at least 500ml - 1000ml (≈1-2 pints) extra fluid each day in hot weather, to replace the body water we lose as extra sweat.

Many older people are borderline dehydrated to start with, so very warm weather can be very dangerous, and result in kidney failure and even deaths.

Please help your patients/clients drink at least 500ml more fluid every day, starting now, as temperatures start to climb.*

It doesn't have to be water... any drinks will do, or choose foods with more fluid in (e.g. soup, soft fruit, jelly, ice lollies, cucumber, frozen grapes).



*Unless your patient/client's doctor has said otherwise

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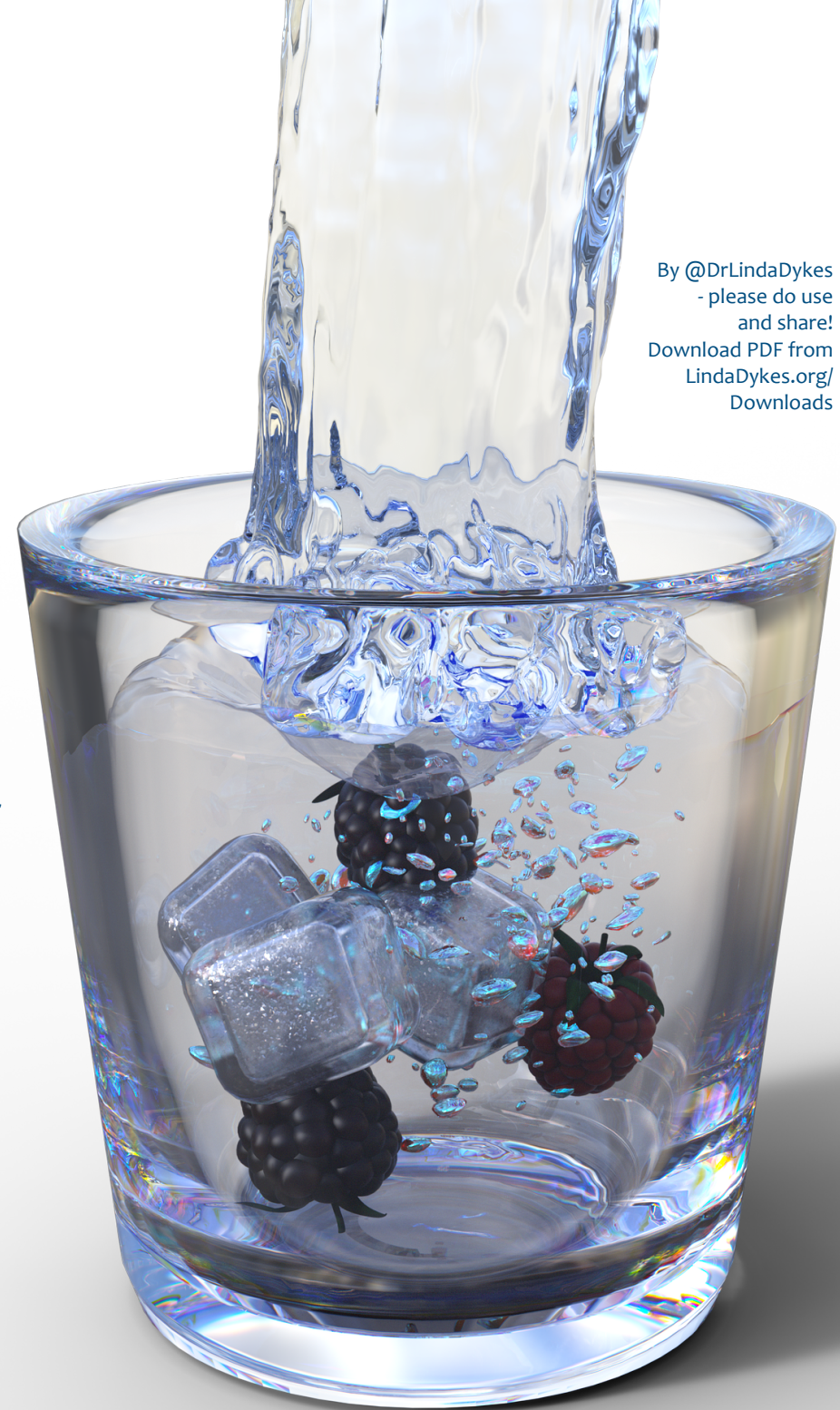
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