PRINTABLE CHECKLIST

How do you stay cool in a power cut during a heatwave?

In a summer power cut, keep the sun out, keep drinking and keep air moving. Close curtains on sunny windows, keep those windows shut until the evening cools, then open windows on opposite sides. Drink water often, cool skin with damp cloths and a rechargeable fan, keep the fridge shut, and check on older people, babies and anyone unwell. Call 999 for signs of

- [ ] Close curtains and blinds on sunny windows
- [ ] Keep sunny-side windows shut while it is hotter outside than in
- [ ] Open windows on opposite sides once the evening cools
- [ ] Keep the fridge and freezer shut; take drinks out in one go
- [ ] Move essentials to a cool box packed with ice if the cut runs past four hours
- [ ] Fill bottles and jugs with drinking water early
- [ ] Drink water regularly, before you feel thirsty
- [ ] Charge rechargeable fans and power banks before hot nights
- [ ] Check on older relatives, young children, pets and neighbours who live alone
- [ ] Keep barbecues, camping stoves and generators outdoors
- [ ] Know the signs of heat exhaustion and heatstroke, and when to call 999
- [ ] Report the cut on 105