



Date: 14 June 2023

Dear Parents / Guardians,

With a rapid increase in temperature over the last few days and more hot weather expected in the coming weeks and months, West Northamptonshire Public Health are reminding parents and guardians of the importance of following heat safety advice to protect their child / children from high temperatures and worsening hay fever symptoms.

### **Sun protection**

During this warmer weather, keeping your child protected from the sun can help to avoid risks of over sun exposure such as dehydration, heat exhaustion or fainting. Ways in which you can keep your child protected includes:

- Apply SPF factor 30+ sun cream before your child/children go outside and reapply at least every 2 hours. If your child is playing with water or in a paddling or swimming pool, ensure to re-apply sun cream immediately after they finish playing.
- Children should always be supervised when playing with and around water, even in shallow depths or when they are wearing buoyancy aid such as arm bands or a rubber ring.
- Ensure they drink plenty of fluids - ideally water but sugar free drinks are also suitable.
- Keep your child/children covered with loose fitted clothing a sun hat and sunglasses.
- Avoid the sun between 11am – 5pm, when the sun is at its strongest.

If your child gets sun burnt, carry out after-care as quickly as possible to help reduce the severity of the burn. This can include taking a cool bath or shower or sponging the sore skin with cool water, applying aloe vera to keep the skin moisturised, drinking plenty of water and avoiding further sun exposure.

Heat stroke can affect anyone who is out in the heat, even for a short time. Symptoms can include displaying an altered mental state, confusion or not being able to walk correctly. If this happens you should try to cool the child down as quickly as possible by getting them out of the sun and applying or spraying cool water.

For further advice on sun exposure sun burn and heat stroke, visit [www.nhs.uk/conditions/sunburn/](http://www.nhs.uk/conditions/sunburn/), speak to your local pharmacy or contact 111.

### **Hay fever**

Warmer weather can aggravate hay fever symptoms due to the increased levels of pollen circulating in the air. If your child is prescribed hay fever medication or an inhaler, it is important they take this before going outside.

Contact your local pharmacy for further advice and treatment if you are unsure if your child has hay fever but they start to experience any of the below symptoms:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- headache
- feeling tired

For further Public Health information and advice on Heat Health please visit <https://www.westnorthants.gov.uk/heat-health>.

Kind Regards

Sally Burns  
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West Northamptonshire Council