



# Beat the Heat

## Keep residents safe and well during COVID-19

During previous heatwaves, people in residential and care settings have been at particularly high risk of illness and death. During the COVID-19 pandemic, it is especially important that you know what actions to take to keep residents safe from high temperatures.

### Residents at highest risk

Many people at high risk from heat are also at risk of severe illness if infected with COVID-19.

Some medications can also place people more at risk from heat.



Identify those at highest risk



Know your care home response plan



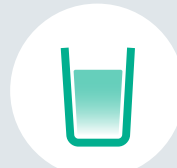
Monitor temperatures in all rooms

### Keep residents cool

Keeping cool is vital in hot weather. There are actions you can take to help residents remain well. Signs of heat related illness include nausea, drowsiness and headache.



Recognise heat related illness



Monitor hydration and fluid intake



Fans **only** for use in single rooms with COVID-19 free residents

### Keep the building cool

There are simple actions to take to reduce overheating in care homes.



Open windows at night to allow for cooling



Use blinds to reduce heat gain and create cross ventilation if possible



Turn heating systems off

### Take action

Treatments for heat-related illness are always the same. Cool the person down and get help if they are unresponsive.



Move to somewhere cooler if safe to do so



Cool showers, wet skin, fluids



Get help or Call 999 in an emergency

For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)

# Are you and your care home prepared for hot weather?

Y/N

## Before hot weather conditions

- Does your care home have a plan in place should hot weather be forecast and/or occur?
- Do you know the content of the plan and where to find it?
- Do you know what to do if it becomes hot inside the care facility?
- Can you store all medicines, according to the instructions on the packaging, even if indoor temperatures rise above that stated on the packaging? If not, what is your organisation's plan for managing this?
- Do you know how to keep rooms cool during hot weather?
- Do you know how to keep residents cool in hot weather?

Notes/  
responsible person

Y/N

## Residents at risk

- More residents than usual may be at risk from heat due to COVID ill-health and COVID restrictions. Review who is at high risk
- Are any of your residents unable to adapt their own behaviour and/or environment to stay cool?
- Do you know that you are also responsible for identifying if a room is overheating?
- Do you know who to report an overheating issue to?

Notes/  
responsible person

Y/N

## Keep your residents cool

- Are you able to ventilate the rooms eg, can windows or vents be opened to create a through-flow of air whilst ensuring the safety of residents?
- Does your facility have external awnings to provide external shade? Do you know how to operate them?
- Are fridges and freezers working properly? If not, do you know who is responsible for taking action?
- Do you know if indoor temperatures in bedrooms and common areas in your facility are monitored (ie are there indoor thermometers)? Who is responsible for this?
- Do you know who is responsible for managing the heating system in your care home?
- Do you know how to turn off the heating in individual bedrooms and common areas? Who is responsible for taking this action?

Notes/  
responsible person

If the answer to any of the questions is 'no', see the Heatwave Plan for England and associated documents for further information, and ask your line manager for advice.  
[www.gov.uk/government/publications/heatwave-plan-for-england](http://www.gov.uk/government/publications/heatwave-plan-for-england)