

Seasonal Health Partnership

Key Messages

2025-2026 Quarter 2

Summer is here!

It's summer time in North Yorkshire and our residents will be looking forward to enjoying time in the sun, however, it is vital that our residents understand the risks associated with the warmer weather. Please help us share health protection messages to support North Yorkshire residents through any channels you have available.

We appreciate your support.

Beat the Heat

While many people enjoy warmer summer weather, hot weather can cause some people to become unwell through overheating, dehydration, heat exhaustion and heatstroke. Here are some actions you can take to stay safe in hot weather

- keep out of the sun at the hottest time of the day, between 11am and 3pm
- if you are going to do a physical activity (for example exercise or walking the dog), plan to do these during times of the day when it is cooler such as the morning or evening
- keep your home cool by closing windows and curtains in rooms that face the sun
- if you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply sunscreen
- drink plenty of fluids and limit your alcohol intake
- check on family, friends and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk, ask them to do the same for you
- know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else has them

[Beat the heat: staying safe in hot weather - GOV.UK](#)

[Hot weather | North Yorkshire Council](#)

Beat the Heat

Check weather forecasts and if you're spending time outdoors remember to travel with bottled water, apply sunscreen frequently and protect yourself from the sun during the hottest hours of the day, between 11am and 3pm. Keep a close eye on older people, young children, and people with long term health conditions – their bodies can struggle to cope with the heat and they are at greater risk.

[Beat the heat: staying safe in hot weather - GOV.UK](#)

[Hot weather | North Yorkshire Council](#)

Beat the Heat

Keep cool indoors. Close curtains on windows that face the sun, open windows when its cooler outside than in (when it is safe to do so) and turn off any unnecessary electrical items. Remember it is sometimes cooler sitting in a park under a tree than it is in a home that is too hot.

[Beat the heat: staying safe in hot weather - GOV.UK](#)

[Hot weather | North Yorkshire Council](#)

Heat Safety

Don't leave babies, children, older people or vulnerable people or pets alone in stationary cars in hot weather.

Water Safety

Enjoy the water safely! Always swim with a buddy, supervise children closely, and never swim in areas without lifeguards. Wear life jackets when boating. [Summer Water Safety | Royal Life Saving Society UK \(RLSS UK \)](#)

Insect Protection

Protect yourself from insect bites. As we continue to enjoy the summer, we are reminding people to be 'tick aware' as they enjoy the great outdoors. Use insect repellent, wear long sleeves and trouser in the evening, and check for ticks after spending time in grassy or wooded areas. Visit your pharmacy for advice on insect bites and stings. [Tips and tricks to stay safe from ticks – UK Health Security Agency](#)

Mental Health

Take care of your mental health. Spend time outdoors, connect with friends and family, and take breaks to relax and recharge.

[Local mental health | North Yorkshire Council](#)

[Children and young people's mental health | North Yorkshire Council](#)

Weather Alerts

Sign up for the Weather-Health Alerting System to be kept up to date with when a Weather Health Alert is issued to enable appropriate response. [Weather-Health Alerting system registration form](#)