

## Hot Weather to Continue

Temperatures are set to soar past 101F in August during a spell of "extreme heat". The country has wilted in the blistering heat throughout July, set to be the hottest on record. But experts say the best is yet to come with the mercury expected to rise beyond a whopping 101F (38.5C).

A Met Office spokesman told the Daily Express that "an even hotter wave of extreme heat" is predicted for next month.

Dr Richard Wild, of Weather Net, said: "Record breaking temperatures always happen in the first week of August.

"The hottest day ever recorded happened in early August and I wouldn't rule out it happening again."

It is feared that lives could be lost if temperatures increase further.

## How to keep cool when you're hot under the collar

'The most important thing is to watch out for is the weather, particularly as we are expecting this heat wave to continue. Hot weather can bring sunburn, heat exhaustion and at its very worst, heat stroke.'

Here are seven essential tips for a safe and enjoyable camp:

If the sun is out

- Ensure you cover up with sun block
- Drink plenty of water and take some with you to avoid dehydration particularly when travelling to and from activities or taking part in exercise / activities.
- Bring a water bottle with you to camp and keep it filled.
- Wear loose fitting cotton clothes and a hat.
- Restrict the amount of time you spend in direct sunlight.
- Using a sunscreen on exposed parts of the body. Use a SPF 40+ broad-spectrum sunscreen.
- When buying sunscreen be sure to check the expiry date.

### Sunburn

Sunburn can cause painful burns and lead to long-term skin damage and the risk of skin cancer later in life. It takes remarkably little exposure to summer sun to lead to burns. Symptoms: Redness, itching and tenderness. In severe cases, the skin is lobster-red and blistered, and the casualty may also suffer heatstroke.

*Treatment:* Help the casualty into the shade or, preferably, in a tent.

Cool skin by sponging with cold water.

Give frequent sips of water. If the burns are mild, calamine or an after-sun preparation may soothe them. If there is extensive blistering or other skin damage, seek advice from the first aid centre

### Prickly Heat

Prickly heat is a highly irritating red rash, which affects areas of the body, which are not aerated. Sufferers are more than usually liable to heatstroke. Wear clean, loose clothing made of natural fibres to prevent prickly heat.

*Treatment:* Seek out cool conditions and avoid exercise in the heat. Cool the skin by gently sponging with cold water.