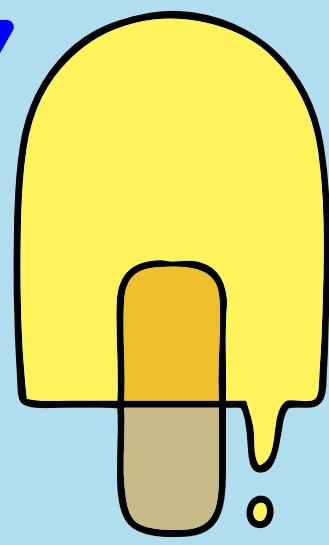
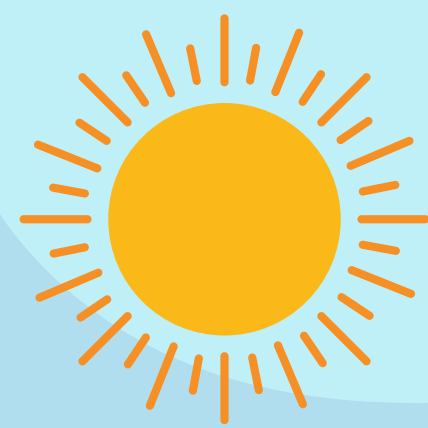


STAY COOL!



FOR ROUGH SLEEPERS



SIMPLE STEPS :

1. Find shade, especially 11am–3pm.
2. Rest during the hottest part of the day.
3. Use a hat, cap or sunscreen if available.
4. Wear loose, light clothing where possible.
5. Drink water often.
6. *Avoid alcohol, drugs, caffeine, or sugary drinks.
7. Replace salts lost through sweating with food or salty snacks.
8. Feeling dizzy, weak, confused or very hot? Get help quickly.

Local services and charities may offer extra support. If you or someone feels unwell, seek help straight away.

***Some drinks and substances can increase dehydration in hot weather, including alcohol, drugs, caffeine and sugary drinks.** They may also make it harder for the body to stay cool. Drinking water regularly can help reduce the risk.

For anyone dependent on alcohol or drugs, stopping suddenly can be dangerous. Withdrawal should be managed with medical support from a health worker, outreach team or local service.



If you have a mobile phone, **scan this QR code** with a camera to see the **map of Cool Spaces and Water Fountains.**

Cool Spaces in Camden

Cool spaces are free indoor places to rest and cool down during hot weather. They may include libraries, museums, community centres, faith venues and charity spaces. Spending time somewhere cooler can help reduce the risk of heat-related illness.

Where?

- Old Diorama Arts Centre
- Holborn Library
- Somers Town Community Centre
- Pancras Square Library