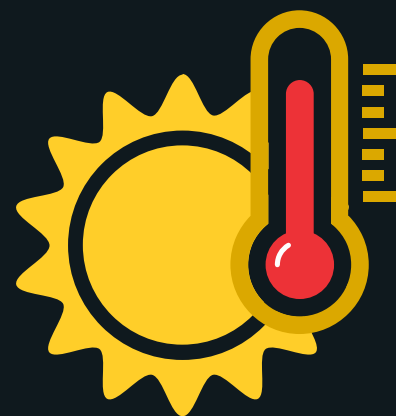


KEEPING SAFE IN WARM WEATHER

Keeping Safe in Warm Weather

Sunny weather is always welcome on campus, but when temperatures rise it's important to take a few simple steps to look after yourself. Hot weather can affect your energy levels, concentration, and sleep, so whether you're revising, attending supervision meetings or relaxing with friends, here are some tips to help you stay safe and comfortable.



Drink Plenty of Water

It sounds obvious, but staying hydrated is one of the best ways to cope with hot weather.

Keep a water bottle with you and refill it regularly, there are lots of places on campus where you can refill it. Drink water throughout the day, even if you don't feel thirsty. If you're spending time outdoors or exercising, make sure you're drinking a little extra.

If you start feeling thirsty, dizzy, tired or develop a headache, these can all be signs that you need to drink more fluids.



Keep Cool Indoors

Student accommodation can get quite warm during hot spells.

Close curtains or blinds during the day to keep rooms cooler.

Open windows when it's cooler outside, particularly in the evening or early morning (don't break window restrictors though, they are there for a reason)

Wear loose, lightweight clothing and use lighter bedding if possible.

Turn off electrical items when you're not using them, as they can add extra heat to your room.

Buy a fan- there are bargains to be found.



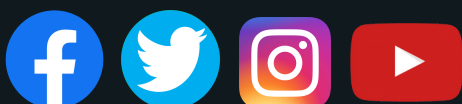
Be Sun Smart

If you're enjoying the sunshine between lectures or studying outside:

Wear sunscreen and reapply it if you're spending long periods outdoors.

Wear a hat and sunglasses if you have them. Try to stay in the shade during the hottest part of the day, usually between 11am and 3pm.

Sunburn can happen more quickly than you think, even on days that don't feel particularly hot.



Studying in the Heat

Hot weather can make it harder to focus and stay motivated.

If you're finding it difficult to concentrate:

Study in cooler spaces on campus, such as the library.

Take regular breaks and get some fresh air.

Keep a bottle of water nearby while you're working.

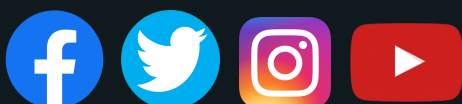
Tackle more demanding tasks earlier in the day when temperatures are lower.



Look Out for Each Other

Warm weather affects everyone differently. Some people may struggle more than others, particularly if they have health conditions or are spending long periods in the sun.

Check in on friends and flatmates, especially during particularly hot days, and encourage each other to stay hydrated and take breaks from the heat.



Know When to Get Help

Heat exhaustion can happen when your body gets too hot.

Symptoms can include:



Dizziness
Headaches
Feeling sick
Excessive sweating
Tiredness
Muscle cramps



If you experience these symptoms, move somewhere cool, drink water and rest. If symptoms don't improve or you're concerned about yourself or someone else, seek medical advice. If you are on campus and feel unwell please contact security, they are all first aid trained. Off campus you can take advice from NHS 111

Enjoy the Sunshine Safely

The warmer months are a great chance to make the most of campus, spend time outdoors and enjoy everything Kent including our own well shaded Oasis Community Garden has to offer. Taking a few simple precautions can help you stay healthy, comfortable and able to enjoy the good weather safely.



**WANT TO LEARN MORE ABOUT STUDENT
SUPPORT AND WELLBEING?
SCAN OUR QR CODES FOR MORE INFORMATION**

**MENTAL HEALTH
SUPPORT**



**SPECIALIST WELLBEING
SUPPORT**



COUNSELLING



**DISABILITY AND
NEURODIVERSITY SUPPORT**



FUNDING

**IF YOU'RE A UK STUDENT, FIND OUT
ABOUT APPLYING FOR DISABLED
STUDENTS' ALLOWANCE FUNDING.**



**FINANCIAL HARDSHIP
SUPPORT**



FOLLOW US

**KEEP UP TO DATE WITH EVENTS AND WELLBEING TIPS BY
FOLLOWING @UNIKENTSSW ON INSTAGRAM**

