

# Stay well this summer

## Your summer health checklist



**Keep cool** – in the event of a heatwave, close your blinds and use a fan while indoors



**Stay hydrated** – drink plenty of fluids and avoid excess alcohol



**Stay safe in the sun** – cover up with suitable clothing, a hat and sunglasses when in direct sunlight



**Eat healthy** – make sure to eat 5 portions of fruit and vegetables a day



**Stop the spread of illness** – wash your hands, cover your cough and stay at home if you're unwell



**Keep in touch with your pharmacist** – for over-the-counter remedies and advice



**Stay active** – for your physical and mental wellbeing



**Look after your mental health** – take active steps to ensure you and those around you are ok

[gov.im/summerhealth](https://gov.im/summerhealth)



**Isle of Man  
Government**  
*Reilrys Ellan Vannin*

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THIS SUMMER

