



**GOULDEN
HOUSE**
CO-OPERATIVE

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NOTICE TO RESIDENTS – HEATWAVE

We are currently experiencing a heatwave, temperatures are predicted to rise to 35 degrees, if not higher this week.

Hydration and Personal Health:

- Drink fluids: Consume plenty of water regularly, even if you do not feel thirsty. Avoid excess alcohol, caffeine, and hot drinks.**
- Dress appropriately: Wear lightweight, loose-fitting, light-colored clothing, along with a wide-brimmed hat and sunglasses if you go outside.**
- Apply sunscreen: Use at least SPF 30 with UVA and UVB protection, applying it liberally and frequently.**
- Cool down: Take cool showers or baths, or run cold water over your wrists and neck**

PLEASE KEEP HYDRATED, ENJOY THIS BEAUTIFUL WEATHER, BUT ENJOY IT SAFELY

For and on behalf of Goulden House Co-Operative Ltd
Annie Gleeson MSc
Estate Manager