**Heatwave social media copy**

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| Hospital services are currently very busy due to extreme heat, pollen levels and strike action.  Older people are particularly at risk of becoming unwell during a heatwave.  Find out more about how to keep safe: <https://www.southwestlondon.icb.nhs.uk/news/nhs-issues-heatwave-warning-for-older-people-and-people-with-asthma/> | **A yellow sign with a blue bottle and black text  Description automatically generated with low confidence** |
| As well as being very hot, pollen and pollution levels are very high in London today and hospital services are currently very busy.  If you have to go outside, stay in the shade especially between 11am and 3pm, and avoid exercise or activity that makes you hotter.  Find out more about how to keep safe: <https://www.southwestlondon.icb.nhs.uk/news/nhs-issues-heatwave-warning-for-older-people-and-people-with-asthma/> | **A person drinking water from a can  Description automatically generated with low confidence** |
| Hospital services are currently very busy due to extreme heat, pollen, pollution levels and strike action.  If you, or your child, has asthma or other respiratory conditions, please remember to take your medication.  Find out more about how to keep safe: <https://www.southwestlondon.icb.nhs.uk/news/nhs-issues-heatwave-warning-for-older-people-and-people-with-asthma/> | **A yellow sign with black text and a blue inhaler  Description automatically generated with low confidence** |