

Hot weather

Although many of us enjoy warmer, summer weather, high temperatures can cause people to become unwell through overheating, dehydration, heat exhaustion and heatstroke.

Hot weather can also place a strain on water and energy networks, road and rail transport, and health and fire services.

Who is most at risk?

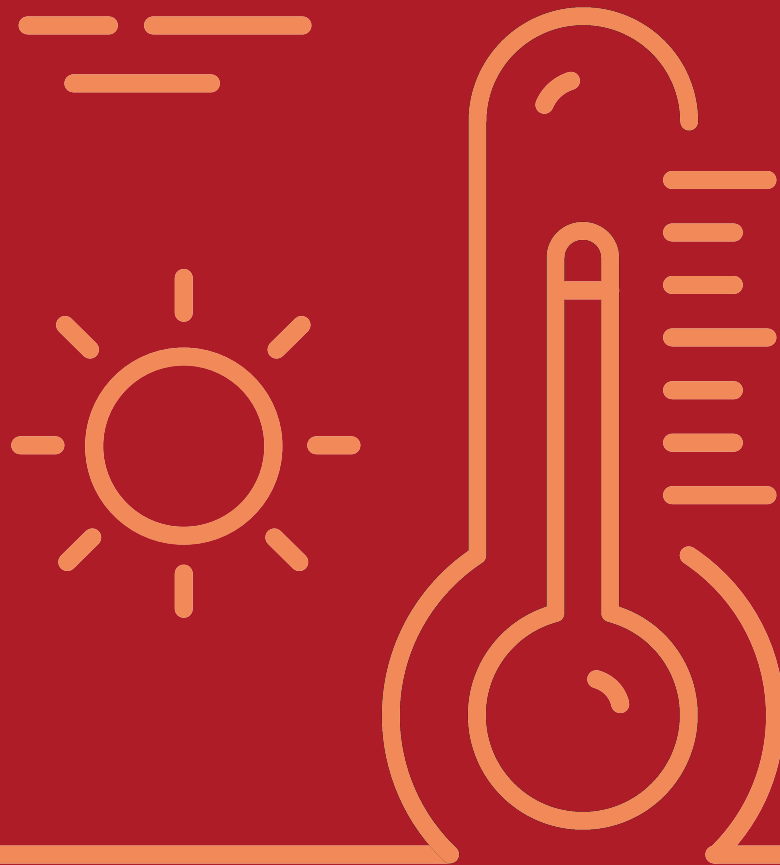
Hot weather can affect anyone, but some face a higher risk of being impacted by heat.

Those most at risk include older adults, babies and young children, pregnant people, and people with underlying health conditions.



Remember

Symptoms of heat exhaustion include tiredness, dizziness, feeling or being sick, excessive sweating, becoming pale and clammy, being very thirsty and weakness. If you or someone else is struggling or need advice contact NHS 111.



What can you do before, during and after?

Before

- ✓ Know the symptoms of heat exhaustion and heatstroke, and what to do to reduce them.
- ✓ Consider modifying your home to keep it cool, such as installing external shutters, blinds, or growing plants to shade south facing windows.
- ✓ Contact your water and power suppliers to see if you're eligible to be put on Priority Service Registers (see page 9).
- ✓ If a period of hot weather is forecast, prepare your vehicle by checking your tyres, fluid levels, battery, and air conditioning, and pack water bottles in your car boot in case of a breakdown.

During

- ✓ Check the weather forecasts and warnings for heat health and air pollution forecasts in your area. Air pollution can become worse during hot weather and can cause problems for people with asthma and other breathing problems.
- ✓ Keep out of the sun at the hottest time of the day – this is between 11am and 3pm.
- ✓ Plan physical activities – exercising or walking your dog at cooler times of the day such as morning or evening.

During

- ✓ Drink plenty of fluids and if you go out take water with you.
- ✓ Check your route for any disruption before travelling and make sure you carry plenty of bottled water.
- ✓ Keep your home cooler by closing windows and curtains in rooms that face the sun.
- ✓ Wear lightweight loose-fitting light-coloured clothes and cover up if you go outside to protect your skin. Wear suitable clothing such as a hat and sunglasses, seek shade and use SPF30 sunscreen or above.
- ✓ Check on family, friends, and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk ask them to do the same for you. If you are worried about your own or someone else's health contact NHS 111.

After

- ✓ Make sure any vulnerable neighbours or relatives are safe and well – provide them with any help they may need.
- ✓ Report damage or problems with the water or power supplies to your landlord or relevant providers.



Pollution

Poor air quality or rare incidents involving hazardous substances can have a negative impact on your health. It is important to know what to do and how to protect yourself.

Pollutants in the form of vapours, powders or liquids can enter the air or water, rivers, coastal areas, and groundwater.

Who is most at risk?

Pollution can affect anyone, but some people face a higher risk of encountering or being impacted by pollution.

Those most at risk include those who live in an area of higher pollution, have existing heart or lung conditions, pregnant people, babies and children, and older adults.

Remember

Make sure that family, friends and neighbours who may be at higher risk are aware of, and following, actions to keep themselves safe.



What can you do before, during and after?

Before

- ✓ Call the UK Air Pollution Forecast on 0800 556677 for free updates on air quality in your area.
- ✓ Only swim in designated bathing water locations. These are areas where the water is safe to swim including specific beaches and rivers.
- ✓ If you live close to a hazardous site, such as oil refineries and water treatment works, you may be able to register with them for alerts. If they have not reached out to you it is probably because you do not live close enough to the site to be considered at risk.
- ✓ Have a grab bag prepared in case you need to leave the house in an emergency (see page 8).



During

- ✓ Follow the advice of the emergency services.
- ✓ Listen and watch local news to receive updates about pollution incidents in your area and what you may need to do.
- ✓ Remove yourself from the area to avoid exposure and stay away.
- ✓ If you are in a vehicle close your vehicles windows and consider finding a different route away from the hazard.
- ✓ Close the windows and doors of your home to help keep polluted air out.

After

- ✓ Keep checking local news and air pollution forecasts.

