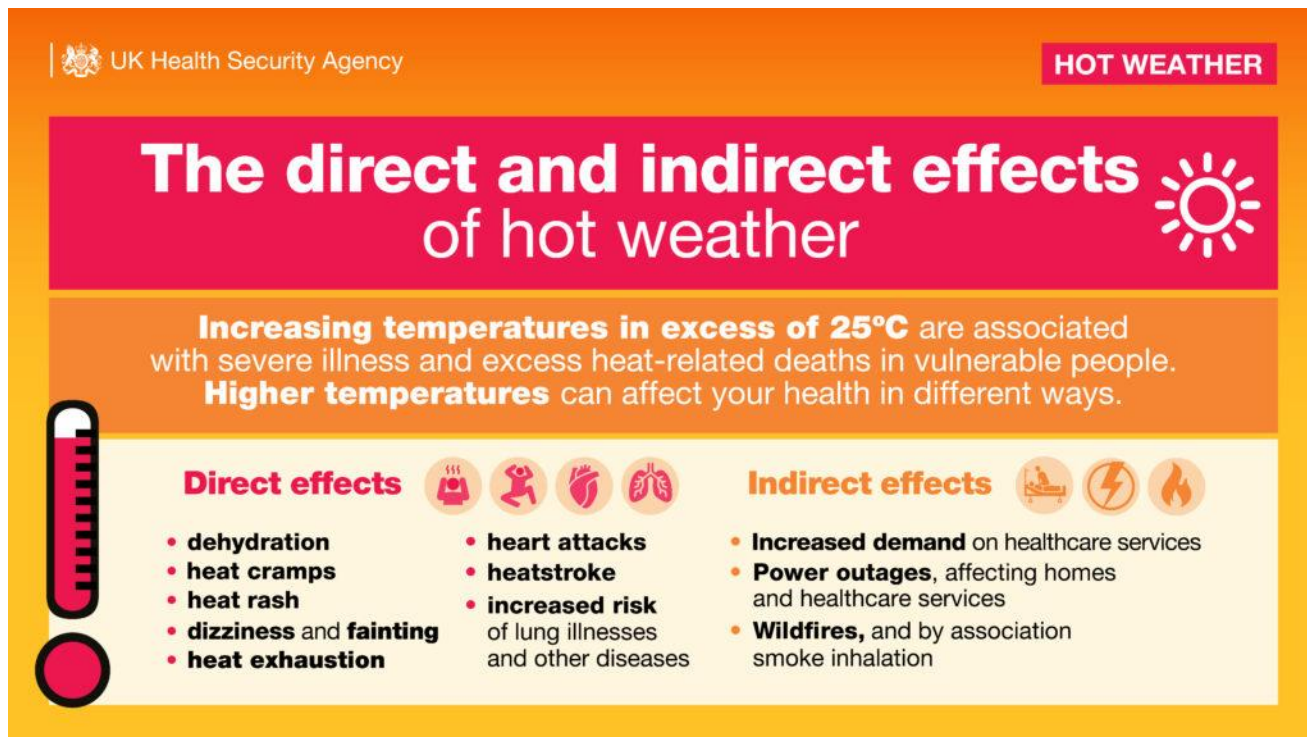


Yellow Heat Health Alert

Targeted information for Adults at Increased Risk (Residential Settings)

A **Yellow Heat-Health Alert** has been announced. This means we are expecting a period of hot weather. Some people may find this uncomfortable, or experience health problems, which can be serious.



UK Health Security Agency **HOT WEATHER**

The direct and indirect effects of hot weather

Increasing temperatures in excess of 25°C are associated with severe illness and excess heat-related deaths in vulnerable people. Higher temperatures can affect your health in different ways.

| Direct effects | Indirect effects |
|--|---|
| <ul style="list-style-type: none"> dehydration heat cramps heat rash dizziness and fainting heat exhaustion | <ul style="list-style-type: none"> heart attacks heatstroke increased risk of lung illnesses and other diseases Increased demand on healthcare services Power outages, affecting homes and healthcare services Wildfires, and by association smoke inhalation |

These tips could help you stay cool, comfortable and safe during a **Yellow Alert** – everyone is different, so choose the actions that are best for you.

- Avoid the sun - particularly at the hottest time of the day (11am to 3pm)
- Wear long, loose, light-coloured clothing
- If going outside, wear wide-brimmed hats, sunglasses, and sunscreen (SPF 30, 4/5stars UVA protection, reapplied regularly). Seek out shade and bring a water bottle.
- Stay hydrated - drink cold water with ice regularly throughout the day, or try alternatives such as ice lollies or water-rich foods
- Minimise alcohol and caffeine intake as this can make you dehydrated
- Helping hands – look out for your friends and neighbours, and be sure to ask for extra help if you need it
- **Seek help early from those who care for you if you feel unwell**