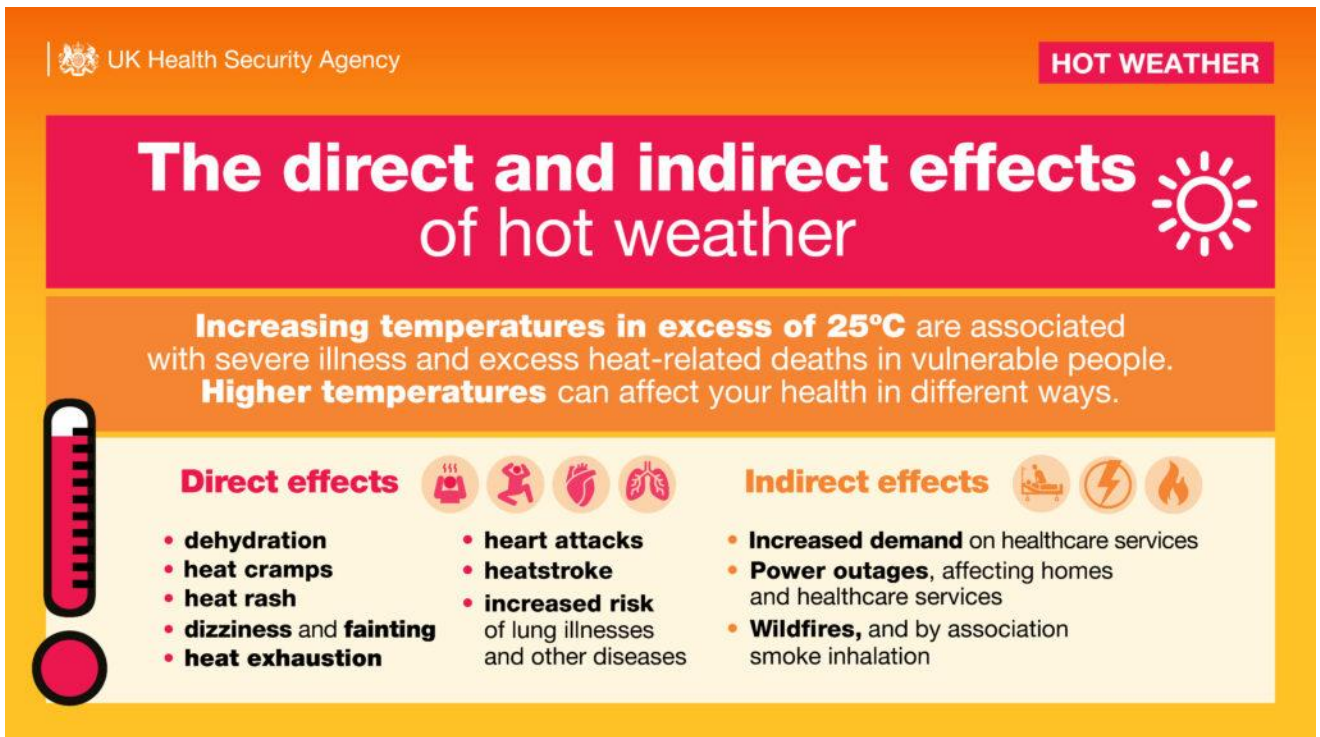


## Yellow Heat Health Alert

### Targeted information for Adults at Increased Risk (Community Settings)

A **Yellow Heat-Health Alert** has been announced. This means we are expecting a period of hot weather. For most people this is unlikely be a problem, however some adults such as older people, those with health conditions or disabilities, those less able to adjust their behaviour or environment (or a combination of these factors) may find the temperature uncomfortable or experience health impacts.



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

This information is designed to empower you to safe cool, comfortable and safe during a **Yellow Alert** – everyone's circumstances are different, so choose the actions that are best for you.



### Keeping your home cool, comfortable and safe:

- Check the room temperatures regularly – aim to keep it below 26°C
- Limit time spent in small, enclosed spaces like vehicles or glasshouses - ensure good ventilation and airflow if this cannot be avoided

- Turn off your heating system
- Turn off lights and electrical equipment when not required
- During the day - close windows, curtains or blinds in rooms that face the sun
- During the night or early morning (where safe to do so) - open windows to increase ventilation and cooling
- If this isn't enough to keep you cool, comfortable and safe, try:
  - Fans (avoid aiming directly at the body which can lead to dehydration)
  - Air conditioning
- If you're not able to keep the whole home cool, spend time in cooler rooms



### Keeping yourself cool, comfortable and safe:

- 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 refillable 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 it can worsen dehydration
- Check temperature recommendations on medication packaging and place in a suitable location
- Keep basic supplies like food and medications well stocked
- Helping hands - arranging regular times to check in with friends, family, neighbours or carers helps us support each other in our communities, and address problems early
- **Seek help early if you feel unwell - call NHS 111 for advice or 999 for an ambulance in an emergency**



### Recognising signs of overheating:

- tiredness
- weakness
- dizziness
- headache
- feeling sick or being sick

- excessive sweating
- skin becoming pale, clammy or development of a heat rash - these changes can be less apparent on brown and black skin
- cramps in the arms, legs, and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- confusion
- irritability



### How to cool down:

- **move somewhere cooler** e.g. a room with fans, air conditioning or somewhere in the shade
- **remove unnecessary clothing** e.g. a jacket or socks
- **re-hydrate** e.g. drink cool water, a sports or rehydration drink, or eat cold and water rich foods like ice-lollies
- **apply cool water** by spray or sponge to exposed skin, place hands in cool water, or use cold packs/items from a freezer wrapped in a cloth under the armpits or on the neck.

**If you're worried, not feeling better or starting to feel worse at any time, seek help and assistance without delay – call NHS 11 for advice or 999 for an ambulance in an emergency**

You can find more information including translations, easy read and British Sign Language resources here:

[Beat the heat: hot weather advice - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/organisations/met-office/articles/beat-the-heat-hot-weather-advice)

[Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/heat-exhaustion/)

[Sunscreens and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sun-safety/)