



Met Office Level 3 Heat Health Alert - Plus Covid-19 Guidance

The Met Office has issued a Level 3 Heat Health Alert.

Yesterday we forwarded this Level 3 Alert, and shortly afterwards this was corrected by our source to be Level 2. However, it has just been re-issued at Level 3, and therefore we are re-sending this message. We appreciate that this involves some repetition, but since it is a health warning we hope you will understand.

Additionally, the Met Office is starting to issue **Yellow Thunderstorm warnings**. The affected area does not yet include Sussex but is nearby. You can find details of the warnings as they develop [here](#), or you can search online for **Met Office weather warnings**. Thunderstorms can cause flooding and disruption in places. The Met Office also offers information on what to expect and what to do.

There is a 90% probability of Heat-Health criteria being met between 0900 on Wednesday and 2100 on Friday in parts of England. View the full warning at the [Met Office Heat Health Watch site](#).

Hot weather can affect your health. The people most likely to be affected are the elderly, the very young, and people with pre-existing medical conditions.

Heatwave and COVID-19

Please note that additional information and tips for COVID-19 and the heatwave has been issued by the Government.

- **Fans should not be used** if someone in your home has been confirmed or suspected as having COVID-19, as this could increase the spread of infection
- If no-one in your home has COVID-19 or suspected COVID-19, angle fans away from you to limit the spread of germs. Remember that **fans are ineffective in temperatures above 35°C and cause increased dehydration**
- **Paracetamol (and aspirin) may be used to manage COVID-related symptoms** but it is recommended that they are not used solely to reduce

body temperature. Always consult your pharmacist, GP or NHS 111 for advice

- **Keep cool and hydrated by regularly sipping cold water-based drinks** and avoid alcohol
- **Use sponges or cloths** made damp by cold water to help control your temperature
- **Close blinds and curtains** to help control the temperature of your home
- **Check on the wellbeing of vulnerable friends and family** who may be shielding or who are isolated. Remember to observe [social distancing guidance](#).

The full Heatwave Plan guidance can be found [here](#).

In General:

If you know or look after someone that may be susceptible to the effects of this hot weather period please help make sure that they stay cool and well, and if possible check in advance that they are prepared for this hot spell.

Please follow this advice to keep cool and comfortable and reduce health risks:

- Shut windows and pull down the shades when it is hotter outside. If it's safe, open them for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day).
- Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and fruit juice. Avoid tea, coffee and alcohol.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing and a hat if you go outdoors.

For more information:

Met Office [Heat-health watch](#)

NHS Choices [Heatwave: be prepared](#)

WSCC Wellbeing <https://www.westsussex.gov.uk/campaigns/heat-alert/>

WSCC [Dealing with extreme weather](#)

WSCC [Preparing for emergencies](#)

Message Sent By

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