

The Met Office has issued a Heat Health Watch Level 3 for South East England. Threshold temperatures for heatwave in South East England are 31°C during the day or 16°C overnight.

Summary

There is a 90% probability of heatwave conditions between 09:00 on 2nd July and 21:00 on 3rd July.

Today:

Mostly dry and humid during the morning with patchy cloud and sunny spells, perhaps the odd shower. Becoming mainly sunny during the afternoon, and feeling very warm, locally hot in the west, whilst less so in the east. Maximum temperature 31 °C.

Tonight:

A dry and sunny end to the day, leading to a dry and clear night with temperatures cooling off, feeling a little fresher than the previous humid night. Minimum temperature 11 °C.

Tuesday:

Dry, very warm and sunny again, with light winds and unbroken sunshine for most.

Impact

The very young, the elderly and the seriously ill are the groups who are particularly at risk of health problems when the weather is very hot. In particular, very hot weather can make heart and breathing problems worse.

Further information

- WSCC [West Sussex Wellbeing Advice](#)
- Met Office [Heat-health watch](#)
- NHS Choices [Heatwave: be prepared](#)

- WSCC [Dealing with extreme weather](#)
- WSCC [Preparing for emergencies](#)

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This email was sent to steiningcentre@btconnect.com by West Sussex County Council, County Hall, West Street, Chichester PO19 1RQ · 01243 777100

