

The Met Office has issued a Level 3 Heat Health Alert with a 90% probability of heat health criteria being met between 9.00am on Monday (22 July) and 9.00am on Friday (26 July) 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.**

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 11.00am and 3.00pm (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](#)

West Sussex Wellbeing [Looking after yourself and others in hot weather](#)

WSCC [Dealing with extreme weather](#)

WSCC [Preparing for emergencies](#)