

Incident Information from WSCC Resilience and Emergencies Team



Level 2 Heat Health Alert

Our previous communication stated that a Level 3 Heat Health alert has been issued - this was in error and the alert level remains at 2.

The tips for managing Covid-19 in a heatwave remain and are listed as follows:

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 guidance can be found [here](#).

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