

Having trouble viewing this email? [View it as a Web page.](#)



Extreme weather updates

and information

Extreme Heat warnings for Sunday, Monday and Tuesday

The Met Office has issued an Amber Extreme Heat warning from Sunday for an area including Horsham District, and a Red Extreme Heat Warning for London and central England on Monday and Tuesday.

Exceptional heat is expected to affect a large part of England early next week, with temperatures likely in the high 30s in some places, and perhaps even reaching 40°C.

Please take care and look out for vulnerable friends and family. Included in this email are some tips to help you stay safe and links to more advice.

[View the Met Office weather warnings](#)



Tips to beat the heat

Most of us welcome hot weather, but when it's too hot for too long, there are health risks. When the weather gets hot:

- Try to avoid being in the sun between 11am and 3pm, when UV is highest
- If you do go out into the sun, stay covered up with loose, cool clothing, a hat, sunglasses and apply sun cream
- Keep well hydrated and take water with you if you're travelling. Find out where you can refill your water bottle when out and about using the [Refill App](#)
- Shade and close windows in the day, open them at night
- Plan ahead to make sure you have enough supplies, such as food, water and any medicines you need



[Visit the NHS website](#) for more advice to help you and your loved ones cope in hot weather.

Useful links to help you help others

Stay alert and help protect your community by ensuring you know how to handle the hot weather.

- [Met Office heat health alerts](#)
- [UK Health Security Agency: Staying safe in extreme heat](#)
- [NHS: Heat exhaustion and heat stroke](#)
- [Beat the heat poster \(below\)](#)

Beat the Heat

Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of fluids and avoid excess alcohol



Dress appropriately for the weather



Slow down when it is hot

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: GOV-12083

Weather forecast

The Met Office provides a wide range of forecasts and warnings to help you make informed decisions about what to do during extreme weather. Get weather alerts sent straight to your email inbox thanks to [Met Office free weather email alerts](#).

If you have a smartphone you can download the [Met Office weather app](#) from the iOS App Store and Google Play store and get weather alerts on your phone.

Stay ahead of the heat by visiting the [Met Office website](#) for a look at the full forecast.