

Incident Information from WSCC Resilience and Emergencies Team

The Met Office have issued a Level 3 Cold Weather Alert.

There is a 90% probability of severe cold weather and icy conditions between 1800 on Wednesday 07 Dec and 0900 on Monday 12 Dec in parts of England. This weather could increase the health risks to vulnerable patients and disrupt the delivery of services. Please refer to the national Cold Weather Plan and your Trust's emergency plan for appropriate preventive action.



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View the full warning at the [Met Office Cold Weather Alert](#) site.

Cold 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 cold weather period please help make sure that they stay warm and well, and if possible check in advance that they are prepared for this cold spell.

- Stay tuned in to weather forecasts
- Check room temperatures and maintain it at 18C or warmer
- Keep warm and active and if you have to go out dress warmly and wear non slip shoes.
- If you are concerned about your own health or welfare or that of others please alert the [emergency services](#).

For more information

- Met Office [Cold Weather Alert](#)
- NHS [Keep Warm Keep Well](#) leaflet
- WSCC [Dealing with extreme weather](#)
- WSCC [Preparing for emergencies](#)
- WSCC [Report a road and footway issue](#)
- Follow us on Twitter for regular updates [@WSCCNews](#) [@WSCCResilience](#) [@wspublichealth](#)

Follow the Resilience and Emergencies Team on [Twitter](#) and [Facebook](#).

Or find out more at the [West Sussex County Council website](#).



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YourMindMatters](https://www.westsussex.gov.uk/YourMindMatters)