



Incident Information from WSCC Resilience and Emergencies Team - Met Office Level 3 Cold Weather Alert extended



The Met Office has extended the Level 3 Cold Weather Alert from Wednesday 18th January to Monday 23 January.

Cold air is continuing to affect the country and expected to remain through the rest of the working week and much of, if not all, the way through the weekend. This brings widespread overnight frosts with some freezing fog, and daytime temperatures struggling to recover much above freezing. Brisk winds, along with spells of wintry showers are also possible, mainly until Friday, with icy conditions developing as a result. These are most likely where the brisk north to north-westerly winds bring coastal showers inland.

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 who 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](#)
- ESCC [Report a highways problem](#)

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