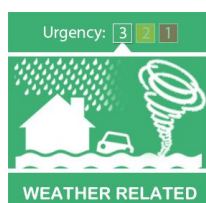


Met Office Level 3 Cold Weather Alert [#86882636]



Met Office Level 3 Cold Weather Alert



The Met Office have issued a Level 3 Cold Weather Alert for the South East.

There is a 60% probability of severe cold weather/icy conditions/heavy snow between 00:01 on Monday 06 March and 23:59 on Thursday 09 March in parts of England. This weather could increase the health risks to vulnerable and disrupt the delivery of services.

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 WSCC on Twitter for regular updates [@WSCCNews](#) [@WSCCResilience](#) [@wspublichealth](#).



Message Sent By
Derek Pratt MBE
(NWN, MSA, Sussex)

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