

The UKHSA and Met Office has issued an Amber Heat-Health Alert for parts of England, including the Southeast

View the full warning at the UKHSA & Met Office [Heat Health Alerts](#) site.

Hot 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 hot weather period please help make sure that they stay cool and well, and if possible check in advance that they are prepared for this hot spell.

Please follow this advice to keep cool and comfortable and reduce health risks:

- Shut windows and pull down the shades when it is hotter outside. If it's safe, open them for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day).
- Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and fruit juice. Avoid tea, coffee and alcohol.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing and a hat if you go outdoors.

Also, please don't forget about the **animals** in your care and view the top tips for keeping pets cool in hot weather by using the [RSPCA](#) link below.

For more information go to:

- UK Health Security Agency [Adverse Weather Health Plan](#)
- UKHSA & Met Office [Heat-health watch](#)
- NHS Choices [Heatwave: be prepared](#)
- West Sussex Wellbeing – [Summer Health Advice](#)
- WSCC [Dealing with extreme weather](#)
- WSCC <https://www.westsussex.gov.uk/campaigns/keeping-safe-this-summer/>
- WSCC [Preparing for emergencies](#)
- Follow us on Twitter for regular updates [@WSCCNews](#) [@WSCCResilience](#) [@wspublichealth](#)

- RSPCA [Top tips for keeping pets cool in hot weather](#)



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