

Information and advice from West Sussex County Council about the Met Office yellow Heat Health Alert

The Met Office yellow Heat Health Alert from 12PM on 11/08/2025 until 6PM on 13/08/2025 across the South East.

Yellow (response) - These alerts cover a range of situations. Yellow alerts may be issued during periods of heat which would be unlikely to impact most people, but those you are particularly vulnerable (E.g. the elderly with multiple health conditions and on multiple medications) and are likely to struggle to cope and where action is required within the health and social care sector specifically. A yellow alert may also be issued if the confidence in the weather forecast is low, but there could be more significant impacts if the worst-case scenario is realised. In this situation the alert may be upgraded as the confidence in both the weather forecast and the likelihood of observing those impacts improves.

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 close curtains and blinds 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, or 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 [Weather Health Alerts](#)
- NHS Choices [Heatwave: be prepared](#)
- 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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