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Red warning of extreme heat affecting London & South East England



An exceptional spell of hot and humid weather is expected across this region, with impacts to the general population highly likely.

What to expect

- Population-wide adverse health effects experienced, not limited to those most vulnerable to extreme heat, leading to serious illness or danger to life
- Substantial changes in working practices and daily routines will be required

- High risk of failure of heat-sensitive systems and equipment, with the loss of power and other essential services, such as water, electricity, gas or mobile phone services
- Significantly more people visiting coastal areas, lakes and rivers, leading to an increased risk of water safety incidents
- Delays on roads and road closures, along with delays and cancellations to rail and air travel, with significant welfare issues for those who experience even moderate delays.

During the heatwave expected to affect a large part of England and Wales this week, the highlighted area now looks increasingly likely to see a two to three day period where maximum temperatures in the shade exceed 37 Celsius, perhaps rising to 38 to 40 Celsius in some places. The heat will be accompanied by high humidity, exacerbating the potential for discomfort and health impacts, with very warm and humid night times also reducing the ability for people to recover overnight.

Significant disruption to daily life is likely and the public should take every effort to make precautions and adapt their daily routines where possible to cope with these levels of heat, which up to now have been extremely rare for the UK.

Where can I get more advice?

For a range of advice to help you deal with severe weather, tips and advice on how to stay safe and healthy at home or outdoors please [click here](#).

Where can I get more warning details and weather maps?

For more information from the Met Office please [click here](#).

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Derek Pratt MBE
(NWN, MSA, Sussex)

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