

Extreme weather and air quality alerts



Red (*emergency response*) - A red alert would indicate significant risk to life for even the health population. A red warning would be issued in conjunction with and aligned to a red NSWWS Extreme Heat warning. Several impacts would be expected across all sectors with a coordinated response essential.

View details of the warning on the [Weather 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 [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](#)

A green poster titled "WEST SUSSEX RECYCLES FOOD" with logos for "West Sussex recycles" and "WEST SUSSEX WASTE PARTNERSHIP". It features five speech bubbles with questions about food waste: "HOW ARE THE NEW BINS DESIGNED TO KEEP PESTS OUT?", "HOW WILL I KNOW WHICH BIN TO PUT OUT?", "HOW IS FOOD WASTE DIFFERENT TO COMPOSTING?", "WHAT HAPPENS TO THE FOOD ONCE IT'S BEEN COLLECTED?", and "WHAT CAN GO INTO MY FOOD WASTE CADDY?". The text "YOUR QUESTIONS-ANSWERED." is prominently displayed on the right, and the website "westsussex.gov.uk/FoodWaste" is at the bottom left.

WEST SUSSEX RECYCLES FOOD

West Sussex recycles

WEST SUSSEX WASTE PARTNERSHIP

HOW ARE THE NEW BINS DESIGNED TO KEEP PESTS OUT?

HOW WILL I KNOW WHICH BIN TO PUT OUT?

HOW IS FOOD WASTE DIFFERENT TO COMPOSTING?

WHAT HAPPENS TO THE FOOD ONCE IT'S BEEN COLLECTED?

WHAT CAN GO INTO MY FOOD WASTE CADDY?

YOUR QUESTIONS-ANSWERED.

westsussex.gov.uk/FoodWaste



Update your subscriptions, modify your password or email address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your email address to log in. If you have questions or problems with the subscription service, please visit subscriberhelp.govdelivery.com.

This email was sent to hazel.roxby@steypingpc.gov.uk by West Sussex County Council, County Hall, West Street, Chichester PO19 1RQ · 01243 777100

