

# [Cold weather alert issued by UKHSA](#)

## Latest update

### UKHSA issues cold weather alert for northern regions of England

With icy conditions and heavy snow forecast across the north of England from Friday, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the North West, North East and Yorkshire and Humber regions will experience cold weather from midnight on Thursday 17 February to 9am on Saturday 19 February.

Agostinho Sousa, Consultant in Public Health Medicine at UKHSA, said:

Cold weather can have a serious impact on health, particularly for older people and those with heart and lung problems, as it increases the risks of heart attacks, strokes and chest infections.

Remind those most vulnerable to heat their home to at least 18 Celsius, 64.4 Fahrenheit, particularly if they have reduced mobility, are 65 and over, or have a health condition. Should they need to go outside, it's important for them to wear shoes with a good grip.

Helen Caughey, Deputy Chief Meteorologist at the Met Office, said:

Temperatures are expected to fluctuate around average over the next few days. While milder conditions are expected to dominate in the south, temperatures will be colder in northern England.

Storm Eunice will bring snow to some northern areas on Friday and the very windy conditions will contribute towards a marked wind chill. Widespread frost is probable on Saturday morning.

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice](#) on the concurrent risks of cold weather and coronavirus (COVID-19) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick

layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

## **Previous**

### **Friday 21 January 2022**

#### **UKHSA extends cold weather alert in southern regions of England**

Further to the cold weather alert issued on 18 January, the UK Health Security Agency (UKHSA) is again encouraging people to stay warm and look out for those most at risk as freezing conditions persist across the south of England.

The Met Office is warning that the East, South East and South West regions of the country will all experience cold weather from 9am on Friday 21 January to 9am on Wednesday 26 January.

Met Office Chief Meteorologist, Neil Armstrong, said:

With the extent of overnight cloud increasing in many places across the UK, the forecast shows that frost and sub-zero temperatures will become more confined to areas with clearer skies for the next few days, notably sheltered parts of Wales, southern and eastern England, and parts of eastern Scotland.

This is an update to the cold weather alert issued on 18 January, which can be found below.

Previous updates were published by [Public Health England](#).

### **Tuesday 18 January 2022**

#### **UKHSA issues cold weather alert for central and southern England**

With freezing conditions and widespread frosts forecast across central and southern England this week, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the West Midlands, East Midlands, East, South East, and South West regions will experience cold weather from 6pm on Wednesday 19 January to 9am on Sunday 23 January.

Agostinho Sousa, Consultant in Public Health Medicine at UKHSA, said:

Cold weather can have a serious impact on health, particularly for older people and those with heart and lung problems, as it

increases the risks of heart attacks, strokes and chest infections.

Remind vulnerable relatives and neighbours to heat their home to at least 18°C – particularly if they have reduced mobility, are 65 or older, or have a health condition. Should they need to go outside, it's important for them to wear shoes with a good grip.

Steve Ramsdale, Met Office Chief Meteorologist, said:

A change in conditions brings cold air to the UK, spreading from the north later on Wednesday then lingering over England and Wales for the rest of the week and into the weekend.

With easing winds and good clear spells, a widespread frost is likely on Thursday and Friday morning with temperatures recovering somewhat by day. Into the weekend more cloud is likely to spread over England and Wales with less of a frost by night.

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice](#) on the concurrent risks of cold weather and coronavirus (COVID-19) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

## **14 January 2022**

### **UKHSA extends cold weather alert to 8 regions of England**

Further to the cold weather alert issued on 11 January, the UK Health Security Agency (UKHSA) is again encouraging people to stay warm and look out for those most at risk.

The Met Office is warning that the North West of England, Yorkshire and Humber, West Midlands, East Midlands, East of England, London, South East England and South West England regions will all experience cold weather from 6pm on Thursday 13 January to 9am on Monday 17 January.

Frank Saunders, Chief Meteorologist at the Met Office, said:

Temperatures in England are expected to continue below normal in

the coming days, with overnight minimum temperatures possibly getting to -4°C in some rural areas again tonight, and perhaps approaching this value again on Sunday night. Freezing fog will also form again across some areas on Friday night and Saturday morning.

Areas covered by the alert are likely to see highs remain in the mid-to-low single figures through the weekend, especially in places where any fog or low cloud lingers throughout the day.

Previous updates were published by [Public Health England](#).

## **11 January 2022**

### **UKHSA issues cold weather alert for central and southern England**

With a risk of freezing conditions and prolonged periods of fog across the centre and south of the country in the coming days, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the West Midlands, East Midlands, East of England, London, South East England and South West England regions will experience cold weather from 6pm on Thursday 13 January to 9am on Monday 17 January.

Agostinho Sousa, Consultant in Public Health Medicine at UKHSA, said:

As we continue to experience very low temperatures this winter it's important to remember to check on those who are more vulnerable to cold weather, such as elderly or frail friends and family, especially if they live alone or with a serious illness.

Remind those most vulnerable to heat their home to at least 18 Celsius, 64.4 Fahrenheit, particularly if they have reduced mobility, are 65 and over, or have a health condition. Should they need to go outside, it's important for them to wear shoes with a good grip.

Met Office Deputy Chief Meteorologist Dan Rudman said:

Temperatures in central and southern England are expected to trend downwards from Thursday, with overnight minimum temperatures possibly getting to -4 °C in some rural areas, but widespread below-freezing conditions elsewhere overnight in the following days. This will result in some harsh frosts and possible freezing fog in some places.

Temperatures will stay subdued through the next few days from

Thursday in the alerted areas, with highs likely to remain in the mid-to-low single figures through the weekend, especially in places where any fog or low cloud lingers throughout the day.

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice](#) on the concurrent risks of cold weather and coronavirus (COVID-19) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

## **6 January 2022**

### **Cold weather set to remain across several English regions**

With cold weather set to remain across a number of English regions over the coming days, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the North East, North West, Yorkshire and Humber, West Midlands, East Midlands and East of England regions will experience cold weather from 9am on Thursday 6 January to 9am on Monday 10 January.

Agostinho Sousa, a Consultant in Public Health Medicine at UKHSA, said:

It's important to try to heat your home to at least 18 Celsius, 64.4 Fahrenheit, particularly if you have reduced mobility, are 65 and over, or have a health condition.

Please check on those who are more vulnerable to cold weather, such as elderly or frail friends and family, especially if they live alone or with a serious illness. This can make all the difference.

Met Office Deputy Chief Meteorologist, Rebekah Sherwin, said:

Cold air drawn quickly across the Atlantic from the Canadian Arctic will bring low temperatures to much of northern England, with strong winds and wintry showers making it feel even colder in

exposed areas. From Saturday onwards, temperatures will return to near normal for January.

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice](#) on the concurrent risks of cold weather and coronavirus (COVID-19) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

## 4 January 2022

### UKHSA extends cold weather alert to the whole of England

With cold weather becoming established across all regions of England this week, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that each of the nine regions of England will experience cold weather from midnight on Tuesday 4 January to midday on Thursday 6 January.

Agostinho Sousa, a Consultant in Public Health Medicine at UKHSA, said:

Cold weather can have a serious impact on health, particularly for older people and those with heart and lung problems, as it increases the risks of heart attacks, strokes and chest infections.

It's important to check on those who are more vulnerable to cold weather, including older neighbours or relatives – especially those living alone or those who have serious illness.

Remind them to heat their home to at least 18 Celsius, 64.4 Fahrenheit and to keep up to date with the forecast.

Met Office Chief Meteorologist, Andy Page, said:

A cold northerly flow will be bringing a drop in temperature to most of the UK for the next few days, particularly when compared with the recent mild weather. Wednesday night will see a sharp frost across most of the UK, with temperatures dropping below

freezing across much of the country.

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice](#) on the concurrent risks of cold weather and coronavirus (COVID-19) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

### **3 January 2022**

#### **UKHSA issues cold weather alert for northern regions**

With a risk of severe cold weather, icy conditions and heavy snow across parts of the country, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the North East of England, North West of England and Yorkshire and Humber regions will experience cold weather from midnight on Tuesday 4 January to midday on Thursday 6 January.

Agostinho Sousa, a Consultant in Public Health Medicine at UKHSA, said:

Cold weather can have a serious impact on health, particularly for older people and those with heart and lung problems, as it increases the risks of heart attacks, strokes and chest infections.

It's important to check on those who are more vulnerable to cold weather, including older neighbours or relatives – especially those living alone or those who have serious illness.

Remind them to heat their home to at least 18 Celsius, 64.4 Fahrenheit and to keep up to date with the forecast.

Met Office Chief Meteorologist Neil Armstrong said:

Following an exceptionally mild spell, temperatures are set to drop for many in the north of England from late on Monday and into Tuesday. This drop in temperatures will spread further south later on Tuesday.

This change is being brought on by a cold northerly flow, which brings with it the risk of some wintry showers in places in northern England, especially over high ground. Minimum temperatures over the next few days are expected to drop below freezing, heightening the risk of some ice formation.

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice on the concurrent risks of cold weather and COVID-19](#) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

## **24 December 2021**

### **UKHSA issues cold weather alert**

With cold weather forecast across parts of the country over the coming days, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the North East of England, North West of England, Yorkshire and the Humber, and East Midlands regions will experience cold weather from midday on Saturday 25 December until midday on Tuesday 28 December.

Agostinho Sousa, a consultant in Public Health Medicine at UKHSA, said:

It's important to check on those who are more vulnerable to cold weather, including older neighbours or relatives – especially those living alone or those who have serious illness.

Remind them to heat their home to at least 18 Celsius, 64.4 Fahrenheit. It's also helpful to check they have enough food and drinks and any medicines they need.

Met Office Chief Meteorologist, Frank Saunders, said:

A cold air mass across the north of the UK will mean temperatures could fall as low as -2 in areas of north and east England.



As a weather front moves up from the south west we could see snow falling on its leading edge as it meets this cold air, bringing snow and ice risks particularly to higher ground in the north of England. This will be coupled with some gusty winds which means it will feel even colder for many.

To check the latest weather forecast updates visit the [Met Office website](#) or [app](#).

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice on the concurrent risks of cold weather and COVID-19](#) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep.

Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

## **20 December 2021**

### **Cold weather alert extended to cover 6 regions of England.**

With cold weather becoming established across several regions of the country through the first part of the week, the UK Health Security Agency (UKHSA) is encouraging people to look out for those most at risk.

The Met Office is warning that the North East of England, North West of England, Yorkshire and the Humber, West Midlands, East Midlands and East of England regions will likely experience cold weather from today until midday Thursday 23 December.

Agostinho Sousa, a Consultant in Public Health Medicine at UKHSA, said:

Cold weather can have a serious impact, particularly for older people and those with heart and lung problems, as it increases the risks of heart attacks, strokes and chest infections.

It's really important to keep checking on older neighbours or relatives, especially those living alone or those who have serious illness. Remind them to heat their home to at least 18 Celsius, 64.4 Fahrenheit. It's also helpful to check they have enough food and drinks and any medicines they need.

Met Office Chief Forecaster, Dan Suri, said:

Cold and mostly dry conditions with overnight frosts will persist through the early part of this week with high pressure nearby. Milder but more unsettled conditions will then spread across England and Wales during the mid-week period, potentially preceded by some hill snow over northern England.

To check the latest weather forecast updates visit the [Met Office website](#) or [app](#).

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice on the concurrent risks of cold weather and COVID-19](#) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

## **17 December 2021**

### **UKHSA issues cold weather alert for northern regions**

With cold weather forecast across parts of the country over the coming days, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the North East of England, North West of England and Yorkshire and the Humber regions will experience cold weather from 9am on Sunday 19 December to 12pm on Friday 24 December.

Agostinho Sousa, Consultant in Public Health Medicine at UKHSA, said:

It is important to try to heat your home to at least 18 Celsius, 64.4 Fahrenheit, particularly if you have reduced mobility, are 65 and over, or have a health condition.

Please check on those who are more vulnerable to cold weather such as elderly or frail friends and family, especially if they live alone or with a serious illness. This can make all the difference.

Met Office Expert Operational Meteorologist Dan Rudman said:

As we head into next week, we will see a fall in temperatures as colder, clearer air moves across much of the UK. Northern areas

will feel the cold most keenly, with maximum temperatures likely to sit in the single figures.

Towards the middle and end of the week, there is an increasing chance of more unsettled and windier weather affecting the UK with rain, and perhaps snow, possible for some places.

To check the latest weather forecast updates visit the [Met Office website](#) or [app](#).

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice on the concurrent risks of cold weather and COVID-19](#) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

## **30 November 2021**

### **UKHSA issues cold weather alert for North, East and Midlands**

With cold weather forecast across parts of the country over the coming days, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the North East of England, North West of England, East of England, Yorkshire and the Humber, West Midlands and East Midlands regions will experience cold weather from 9am on Wednesday 1 December to midnight on Friday 3 December.

Agostinho Sousa, a Consultant in Public Health Medicine at UKHSA, said:

As we experience low temperatures this winter it's important to remember to check on those who are more vulnerable to cold weather. A call or socially distanced doorstep visit to look out for old or frail friends and family, especially if they live alone or with a serious illness, can make all the difference.

Remind them to heat their home to at least 18 Celsius, 64.4 Fahrenheit and to wear shoes with a good grip if they need to go outside.

Met Office Expert Operational Meteorologist Helen Caughey said:

Temperatures are set to drop once again for much of the UK in the coming days, with cooler air being brought down from the north accompanied by some gusty winds.

With winds forecast to be in excess of 40mph in some areas it will feel much colder than temperatures indicate, especially in exposed coastal locations. There is also a chance of some snow, predominantly over high ground, but which may reach lower levels at times, mainly as sleet.

To check the latest weather forecast updates visit the [Met Office website](#) or [app](#).

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice on the concurrent risks of cold weather and COVID-19](#) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).

## **26 November 2021**

With a risk of severe cold weather, icy conditions and heavy snow across parts of the country, the UK Health Security Agency (UKHSA) is encouraging people to stay warm and look out for those most at risk from the effects of cold weather.

The Met Office is warning that the North East of England, North West of England, South East of England, East of England, Yorkshire and the Humber, West Midlands and East Midlands regions will experience cold weather from 6pm on Friday 26 November to 3pm on Monday 29 November.

Agostinho Sousa, a Consultant in Public Health Medicine at UKHSA, said:

Cold weather can have a serious impact on health, particularly for older people and those with heart and lung problems, as it increases the risks of heart attacks, strokes and chest infections.

It's really important to keep checking on older neighbours or

relatives, especially those living alone or those who have serious illness.

Make a call, or a socially-distanced doorstep visit if they live close by, to remind them to heat their home to at least 18 Celsius, 64.4 Fahrenheit and to keep up to date with the forecast. It's also helpful to check they have enough food and drinks and any medicines they need.

Will Lang, Head of Civil Contingencies at the Met Office, said:

The UK will see temperatures drop to below average in the coming days, as cold air is drawn in from the north. This is coupled with the strong winds associated with Storm Arwen, which means it will feel especially cold in the wind.

Areas in the north will see temperatures below freezing overnight, with daytime maximum temperatures only getting into the low single figures. It's important to note that strong wind speeds, in excess of 65mph in exposed locations, will exacerbate the cold temperatures we'll be seeing over the weekend.

To check the latest weather forecast updates visit the [Met Office website](#) or [app](#).

UKHSA has supplemented the [Cold Weather Plan for England](#) with [useful resources and advice on the concurrent risks of cold weather and COVID-19](#) and [Keep Warm Keep Well](#) guidance.

For people struggling to afford heating bills, [Simple Energy Advice](#) provides free advice on energy efficiency and national grants that are available to help keep you warm this winter.

If people can't heat all the rooms they use, it's important to heat the living room during the day and the bedroom just before going to sleep. Wearing a few thin layers is better at trapping heat than wearing one thick layer. Having plenty of hot food and drinks is also effective for keeping warm.

Previous updates were published by [Public Health England](#).