

[Heat-health alert issued by the UK Health Security Agency](#)

Latest

Heat-health alert extended to 9am on Tuesday 16 August for England

The UK Health Security Agency (UKHSA) has extended the current heat-health alert. The alert has been in place since midday on Tuesday 9 August for all regions in England and will now last until 9am on Tuesday 16 August.

The high temperatures are not forecast to reach the record-breaking levels of the most recent heatwave. However, temperatures could reach mid-30 degrees Celsius in some parts of England on Saturday and Sunday and remain in the high 20s into the start of next week.

Western and northern regions may start to see temperatures decline from Monday.

UKHSA is reminding people of heat-health advice to help everyone stay well throughout this extended period of hot weather.

Dr Agostinho Sousa, Head of Extreme Events and Health Protection at UKHSA, said:

We want everyone to enjoy the hot weather and stay well.

Temperatures aren't forecast to be quite as hot as the last heatwave, but we are experiencing a prolonged period of high temperatures that can impact the health of the most vulnerable, particularly elderly people and those with heart or lung conditions.

The most important advice for everyone is to stay hydrated, keep cool and take steps to prevent homes from overheating. Remember to look out for anyone who could be more vulnerable during this hot weather to ensure they're following this advice.

Andy Page, Met Office Chief Meteorologist, said:

Persistent high pressure over the UK means temperatures have been rising day-on-day through this week and it is important people plan for the heat. Temperatures are expected to peak at 35°C on Friday and possibly 36°C over the weekend.

We will also see increasingly warm nights, with temperatures

expected not to drop below the low 20s Celsius for some places in the south.

Temperatures will drop early next week as the weather becomes more changeable. Heavy showers and thunderstorms are likely in some areas, but there is low confidence in the details at this time and it is impossible to say yet exactly where and when they will occur.

The top ways for staying safe during hot weather include:

- looking out for those who may struggle to keep themselves cool and hydrated – older people who may also live alone, and those with underlying conditions are particularly at risk
- staying cool indoors by closing curtains on rooms that face the sun – and remember that it may be cooler outdoors than indoors
- drinking plenty of fluids and avoiding excess alcohol
- trying to keep out of the sun between 11am to 3pm, when the UV rays are strongest
- walking in the shade, applying sunscreen and wearing a wide-brimmed hat, if you have to go out in the heat
- avoiding physical exertion in the hottest parts of the day
- making sure you take water with you if you are travelling
- checking that fridges, freezers and fans are working properly
- checking medicines can be stored according to the instructions on the packaging
- never leaving anyone in a closed, parked vehicle, especially infants, young children or animals
- taking care and making sure to [follow local safety advice](#) if you are going into the water to cool down

High temperatures also present a risk of wildfires, especially after long dry periods. People with pre-existing heart and lung conditions such as asthma are most susceptible as breathing wildfire smoke may worsen their symptoms. Children and older people may also be susceptible to health impacts.

If wildfire smoke affects your area, avoid or reduce your exposure to smoke by staying indoors with the doors and windows closed.

Where possible avoid smoky areas. If you should travel through a smoky area, ensure that the vehicle windows are closed and the air conditioning is switched to recycle or recirculate if possible.

Listen out for local news reports and information from the emergency services who will provide advice on the precautions you should take.

Further information

Read the UKHSA blog on [staying safe in extreme heat](#).

UKHSA's [Beat the heat](#) checklist identifies suitable actions people can take to protect themselves during periods of hot weather.

For more information on the [common signs and symptoms](#) of heat exhaustion and heatstroke, visit NHS.UK.

UKHSA has also published advice for the public on [how to stay healthy during periods of drought](#).

The Met Office has published advice on how to [plan for the heat](#).

Previous

Tuesday 9 August 2022

With high temperatures now forecast to last throughout the weekend, UKHSA has extended the current [heat health alert](#).

The alert is now in place from midday Tuesday 9 August until 11pm Sunday 14 August.

The public are urged to look out for family, friends and neighbours who may be more vulnerable during prolonged periods of hot weather – particularly elderly people who live alone and people with underlying health conditions.

More advice on staying well in hot weather is given below.

Monday 8 August 2022

The UK Health Security Agency's (UKHSA) heat-health alert service is designed to help healthcare professionals manage through periods of extreme temperature. The service acts as an early warning system for periods of high temperatures that may affect the public's health.

The alert will be in place from midday Tuesday 9 August to 6pm on Saturday 13 August for all regions of England.

Temperatures are not forecast to reach the record-breaking levels of the most recent heatwave but are expected to rise throughout the week, potentially reaching mid-30 degrees Celsius on Friday and Saturday in the South East, London, the South West, and the East and West Midlands.

Dr Agostinho Sousa, Head of Extreme Events and Health Protection at the UK Health Security Agency (UKHSA), said:

Temperatures will feel very warm again this week, particularly in southern and central parts of the country.

We want everyone to enjoy the warm weather safely when it arrives but remember that heat can have a fast impact on health. It's important to ensure that people who are more vulnerable – elderly people who live alone and people with underlying health conditions – are prepared for coping during the hot weather.

The most important advice is to ensure they stay hydrated, keep

cool and take steps to prevent their homes from overheating.

Met Office Deputy Chief Meteorologist, Tony Wardle, said:

Heatwave criteria look likely to be met for large areas of the UK later this week, with the hottest areas expected in central and southern England and Wales on Friday and Saturday. Temperatures could peak at 35°C, or even an isolated 36°C on Saturday.

Elsewhere will see temperatures widely into the high 20s and low 30s Celsius later this week as temperatures build day-on-day through the week due to an area of high pressure extending over much of the UK.

Coupled with the high daytime temperatures will be continued warm nights, with the mercury expected to drop to only around low 20s Celsius for some areas in the south.

Read more on the [forecast from the Met Office](#).

The top ways for staying safe during hot weather:

- look out for those who may struggle to keep themselves cool and hydrated – older people who may also live alone, and those with underlying conditions are particularly at risk
- stay cool indoors by closing curtains on rooms that face the sun – and remember that it may be cooler outdoors than indoors
- drink plenty of fluids and avoid excess alcohol
- try to keep out of the sun between 11am to 3pm, when the UV rays are strongest
- walk in the shade, apply sunscreen and wear a wide-brimmed hat, if you have to go out in the heat
- avoid physical exertion in the hottest parts of the day
- make sure you take water with you if you are travelling
- check that fridges, freezers and fans are working properly
- check medicines can be stored according to the instructions on the packaging
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- take care and make sure to [follow local safety advice](#) if you are going into the water to cool down

High temperatures also present a risk of wildfires, especially after long dry periods. People with pre-existing heart and lung conditions such as asthma are most susceptible as breathing wildfire smoke may worsen their symptoms. Children and older people may also be susceptible to health impacts.

If wildfire smoke affects your area, avoid or reduce your exposure to smoke by staying indoors with the doors and windows closed.

Where possible avoid smoky areas. If you should travel through a smoky area, ensure that the vehicle windows are closed and the air conditioning is switched to recycle or recirculate if possible.

Listen out for local news reports and information from the emergency services who will provide advice on the precautions you should take.

Further information

Read the UKHSA blog on [staying safe in extreme heat](#).

UKHSA's [Beat the heat](#) checklist identifies suitable actions people can take to protect themselves during periods of hot weather.

For more information on the [common signs and symptoms](#) of heat exhaustion and heatstroke, visit NHS.UK.

UKHSA has also published advice for the public on [how to stay healthy during periods of drought](#).

Tuesday 19 July 2022

Following a record period of hot weather in recent days, all 9 regions of England will no longer be under a Level 4 heat-health alert as of Wednesday 20 July.

On Tuesday, temperatures of over 40°C were recorded by the Met Office at a number of locations across the country, the first time temperatures have reached and exceeded that figure in history.

The East Midlands, East of England and Yorkshire and Humber regions will remain under a Level 3 alert until 9am on Thursday 21 July. It is therefore important to carry on following public health advice in these regions, as the weather will remain warm.

However, we are unlikely to see temperatures for the rest of the week reach beyond 30°C as the country begins to cool down.

Dr Agostinho Sousa, Head of Extreme Events and Health Protection at the UK Health Security Agency (UKHSA), said:

The very high temperatures have peaked for this week but they have been a wake-up call about the very real effects of climate change and the serious impacts it will have on our health.

For more information on the [common signs and symptoms](#) of heat exhaustion and heatstroke, visit NHS.UK.

Read our [COVID-19 and summer temperatures blog post](#) for advice on how to stay well in hot weather.

Monday 11 July 2022

The UK Health Security Agency (UKHSA) and the Met Office have today issued a Level 3 heat-health alert for the East Midlands and South West regions.

This alert follows the Level 2 alert issued on Friday and confirms that the Met Office's threshold temperature for an alert will be reached in 5 regions from 9am on Monday 11 July.

London, the East of England and the South East were placed under a Level 3 alert on Friday 8 July. The Yorkshire and Humber, West Midlands and North West regions remain under a level 2 alert.

The alert is in place until 9am on Friday 15 July, with temperatures across the country set to be high across the duration of this week.

For more information on the [common signs and symptoms](#) of heat exhaustion and heatstroke, visit NHS.UK.

Read our [COVID-19 and summer temperatures blog post](#) for advice on how to stay well in hot weather.

Friday 8 July 2022

The UK Health Security Agency (UKHSA) and the Met Office have issued a Level 2 heat-health alert for the South West, East Midlands, West Midlands, North West and Yorkshire and the Humber regions.

A Level 3 alert has also been issued for the East of England, South East and London regions, which were all placed under a Level 2 alert yesterday (Thursday 7 July).

Both alert levels are currently in place from 9am on Monday 11 July until 9am on Friday 15 July, with warm weather forecast across the country throughout the course of next week.

Dr Agostinho Sousa, Head of Extreme Events and Health Protection at UKHSA, said:

Heat-health alerts have now been issued to the majority of the country, with temperatures set to remain consistently high throughout the duration of next week.

Most of us can enjoy the hot weather when it arrives, but it is important to keep yourself hydrated and to find shade where possible when UV rays are strongest, between 11am and 3pm.

If you have vulnerable family, friends and neighbours, make sure they are aware of how they can keep themselves protected from the warm weather.

The top ways for staying safe when the heat arrives are to:

- look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying conditions and those who live alone are particularly at risk
- stay cool indoors by closing curtains on rooms that face the sun – and remember that it may be cooler outdoors than indoors
- drink plenty of fluids and avoid excess alcohol
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- check that fridges, freezers and fans are working properly
- try to keep out of the sun between 11am to 3pm, when the UV rays are strongest
- walk in the shade, apply sunscreen and wear a wide-brimmed hat, if you have to go out in the heat
- avoid physical exertion in the hottest parts of the day
- make sure you take water with you if you are travelling
- take care and make sure to [follow local safety advice](#) if you are going into the water to cool down
- check medicines can be stored according to the instructions on the packaging

More information on the [common signs and symptoms](#) of heat exhaustion and heatstroke are available on NHS.UK.

UKHSA's [Beat the heat](#) checklist identifies suitable actions people can take to protect themselves during periods of hot weather.

Read our [COVID-19 and summer temperatures blog](#) for advice on how to stay well in hot weather.

Thursday 7 July 2022

A Level 2 health-alert in 3 regions of the country has today been issued by the UK Health Security Agency (UKHSA), with the Met Office forecasting high temperatures throughout next week.

The alert is in place from 9am on Monday 11 July until 9am on Friday 15 July, and covers the East of England, South East and London regions.

Dr Agostinho Sousa, Head of Extreme Events and Health Protection at UKHSA, said:

We want everyone to enjoy the hot weather when it arrives, but also to check in on their vulnerable family, friends and neighbours to make sure they are prepared for the warm conditions ahead.

High temperatures are predicted for a prolonged period, so make sure to follow our simple health advice to [beat the heat](#), such as covering windows exposed to direct sunlight and making sure that fridges, freezers and fans are working properly.

David Oliver, Deputy Chief Meteorologist at the Met Office, said:

We're at the start of a stretch of warm weather for much of England and Wales, that could last for much of next week.

In the short term, many can expect temperatures in the mid to high 20s Celsius over the weekend and then in the low 30s Celsius during the start of next week. Much of next week will remain warm for the time of year, as well as dry and sunny.

To prepare for the warm weather ahead, you can:

- shade or cover windows exposed to direct sunlight – external shutters or shades are very effective, internal blinds or curtains are less effective but cheaper and easier to install
- check that windows or vents can be opened
- if applicable, check mechanical ventilations systems are switched on and operating in summer mode
- check that fridges, freezers and fans are working properly
- check medicines can be stored according to the instructions on the packaging

More information on the [common signs and symptoms](#) of heat exhaustion and heatstroke are available on NHS.UK.

Read our [COVID-19 and summer temperatures blog](#) for advice on how to stay well in hot weather.

Thursday 16 June 2022

The UK Health Security Agency (UKHSA) and the Met Office have today issued a Level 3 heat-health alert for London, East of England and the South East.

This alert follows the Level 2 alert issued on Tuesday and confirms that the Met Office's threshold temperatures for an alert will be reached in 3 regions from Friday. A Level 2 alert remains in place for the East Midlands and South West.

Temperatures in these regions are expected to rise throughout the week and peak on Friday 17 June, with the alerts remaining in place until midnight on Saturday 18 June.

For more information on the [common signs and symptoms](#) of heat exhaustion and heatstroke, visit NHS.UK.

Read our [COVID-19 and summer temperatures blog post](#) for advice on how to stay well in hot weather.

Tuesday 14 June 2022

This is the first [Level 2 heat-health alert](#) of the year, with high

temperatures expected across the Midlands and the south of the country later this week.

The alert, which comes into place at midnight on Thursday 16 June until midnight on Saturday 18 June, covers the East Midlands, East of England, London, South East and South West regions.

Dr Agostinho Sousa, Head of Extreme Events and Health Protection at UKHSA, said:

High temperatures are expected in some parts of the Midlands and the south on Friday. We want everyone to enjoy the hot weather safely when it arrives and be aware of good health advice for coping with warmer conditions.

During periods of hot weather, it is especially important to keep checking on those who are most vulnerable, such as older people and those with heart or lung conditions. Make sure to look out for signs of [heat exhaustion](#) and follow our simple health advice to beat the heat.

Dan Rudman, Deputy Chief Meteorologist at the Met Office, said:

Temperatures will continue to rise as we go through the week, becoming well above-average by Friday, when many parts of the southern half of the UK are likely to exceed 30°C or even reach 34°C in some places.

This is the first spell of hot weather this year and it is unusual for temperature to exceed these values in June. Many areas will also see some warm nights with minimum temperatures expected to be in the high teens or even low 20s for some overnight.

The top ways for staying safe when the heat arrives are to:

- look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying conditions and those who live alone are particularly at risk
- stay cool indoors by closing curtains on rooms that face the sun – and remember that it may be cooler outdoors than indoors
- drink plenty of fluids and avoid excess alcohol
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- try to keep out of the sun between 11am to 3pm, when the UV rays are strongest
- walk in the shade, apply sunscreen and wear a wide-brimmed hat, if you have to go out in the heat
- avoid physical exertion in the hottest parts of the day
- make sure you take water with you if you are travelling

- take care and make sure to [follow local safety advice](#) if you are going into the water to cool down

More information on the [common signs and symptoms](#) of heat exhaustion and heatstroke are available on NHS.UK.

Read our [COVID-19 and summer temperatures blog](#) for advice on how to stay well in hot weather.

[Previous heat-health alerts](#) were published by Public Health England.