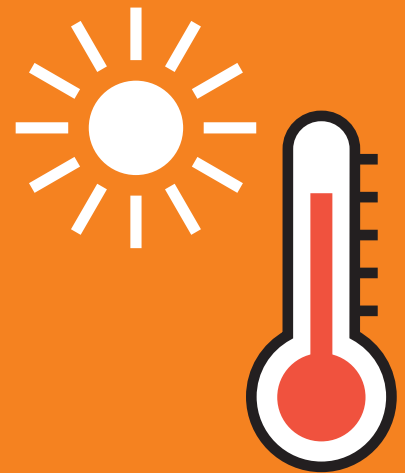


EXTREME HEAT WARNING



**Avon & Somerset
Local Resilience Forum**
working in partnership



For support use the
emergency numbers and
website links below.

USEFUL ADVICE:

Check on others

- Check on older people or sick neighbours, family or friends every day during hot weather.

Stay hydrated

- Drink plenty of fluids and avoid excess alcohol. Try to keep out of the sun between 11am-3pm when UV radiation is strongest.

Physical activity

- Avoid extreme physical exertion. If you can't avoid strenuous outdoor activity, such as sport, DIY or gardening, keep it for cooler parts of the day.
- If you're pregnant, try and reduce activities, stay hydrated, stay inside in the cool as much as possible and take cool showers/baths.

Keeping the home cool

- Keep your living space cool. Shade or cover windows exposed to direct sunlight and keep windows that are exposed to the sun closed during the day. Turn off non-essential lights and electrical equipment. During the hottest periods find the coolest part of your home or garden/outside.

On car journeys

- Ensure babies, children, older people, and pets are not left alone in parked cars, which can quickly overheat.
- Take plenty of water with you if travelling, in the event of delays.

- Plan and leave extra time for journeys and check your vehicle before you leave. Check travel conditions before setting out and, where it is safe to do so, during journeys.

Look out for the signs of heat-related harm

- If you feel dizzy, weak or have intense thirst and a headache, move to a cool place asap. Drink water or diluted fruit juice to rehydrate. Avoid excess alcohol.
- Call 111 if you feel unusual symptoms, or if symptoms persist. Call 999 if a person develops any signs of heatstroke as this is a medical emergency.

Enjoy the water safely

- Take care and follow local safety advice if you are going into the water to cool down. Alcohol is a major factor in accidental drownings.
- Avoid swimming in reservoirs or harbours – there are hidden dangers and strong under-currents.
- Be aware of the tide times when sea swimming, and stay near the shore.

Risk of wildfires

- The risk of wildfires is high – please take care of the countryside by avoiding BBQs and fires and clearing up litter.

Calling emergency services

- Only call 999 in an emergency, as demand on blue light services increases during periods of extreme weather.

USEFUL WEBSITE LINKS:

Health advice: www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/#risk

Weather warnings: www.metoffice.gov.uk/public/weather/heat-health

Updates from UK Health Security Agency: www.gov.uk/government/news/heat-health-alert-issued-by-the-uk-health-security-agency

Public transport advice: www.nationalrail.co.uk/service_disruptions/today.aspx or www.travelwest.info/travel-updates

Roads advice: National Highways www.nationalhighways.co.uk/travel-updates
Traffic England www.trafficengland.com and for Somerset www.travelsomerset.co.uk