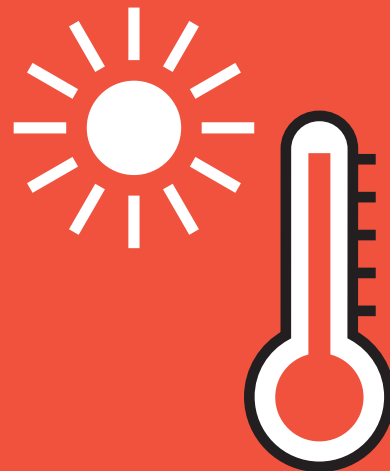


# EXTREME HEAT WARNING



**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](http://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](http://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](http://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](http://www.nationalrail.co.uk/service_disruptions/today.aspx) or [www.travelwest.info/travel-updates](http://www.travelwest.info/travel-updates)

**Roads advice:** National Highways [www.nationalhighways.co.uk/travel-updates](http://www.nationalhighways.co.uk/travel-updates)  
Traffic England [www.trafficengland.com](http://www.trafficengland.com) and for Somerset [www.travelsomerset.co.uk](http://www.travelsomerset.co.uk)