



Public Health  
England

**NHS**  
*England*

## Heatwave Plan for England

# Keeping healthy when it is really hot



### **Easy Read version of:**

The Heatwave Plan for England:  
To protect the health of people from  
the effects of hot weather



# What is in this plan

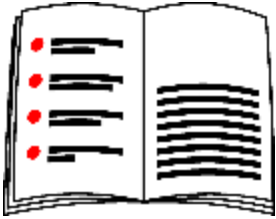
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England

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# About the Heatwave Plan for England

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Public Health  
England

Public Health England wrote the **heatwave** plan for:



- NHS, local councils and other public services



- local people and community groups.



The plan says how they can help people keep safe and healthy when it is very hot.

This is important because some people can get ill or die in very hot weather.



We do not know if there will be a heatwave, but we want to make sure everyone knows what to do if there is.

# Why we need a Heatwave Plan

Very hot weather can cause health problems for some people who:



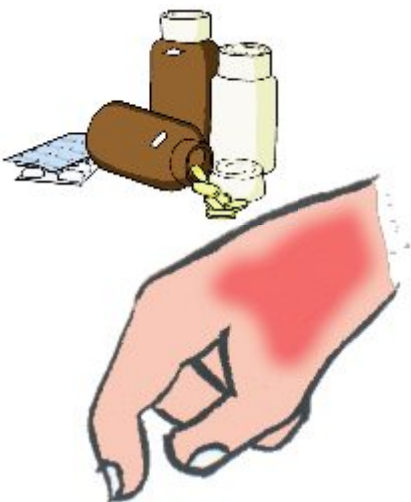
- are over 75 years old



- are very young



- have some physical or mental health problems



- take medicines that mean their skin burns very easily in the sun or have other side effects in the heat or the sun



- are homeless or people who have poor housing



- drink a lot of alcohol or take drugs.



People can get ill or die very quickly so everyone needs to plan ahead and know what to do.

There are some leaflets about how to keep safe in very hot weather on our website:



**[www.tinyurl.com/HotWeatherLeaflets2014](http://www.tinyurl.com/HotWeatherLeaflets2014)**

# Some words we use in the plan

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## Alert

A warning that tells people to get ready for something.



## At risk

People who are **at risk** are more likely to be affected by really hot weather.



## Heatwave

A period of time such as a few days or weeks when the weather is very hot.



## Met Office

Part of the government that says what the weather will be like.



# What is in the plan

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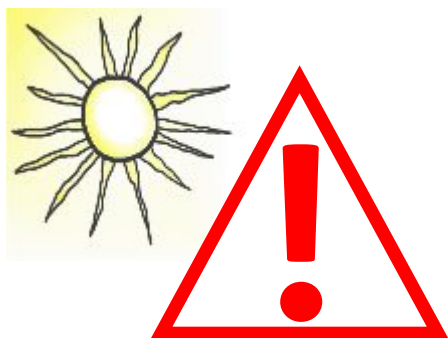


The plan says how different services will:

- work together and plan how to keep people cool, safe and well



- make sure everyone has all the help and information they need



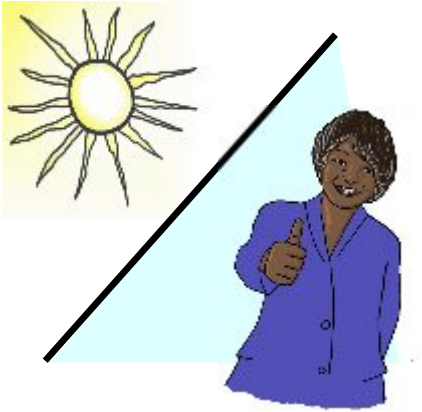
- warn people before very hot weather comes



- check people who need extra support.

# Keeping cool and safe in very hot weather

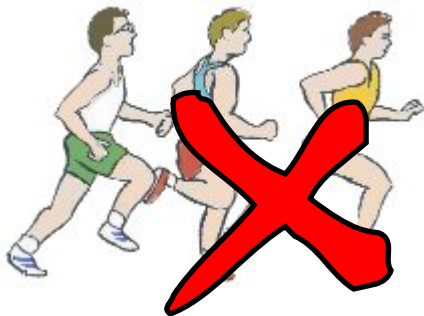
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- stay out of the sun when it is really hot



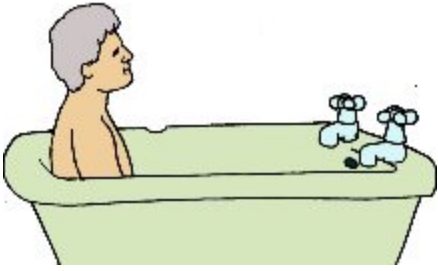
- wear loose clothes and if you go out, wear sun cream, sunglasses and a hat or a scarf



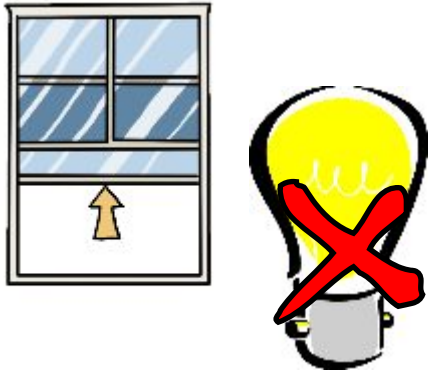
- do not do too much exercise



- have lots of cool drinks but not alcohol and eat cool food like salads



- have a cool shower, bath or wash



- use plants and bowls of water to keep rooms cool, close curtains during the day and turn off lights you do not need. Open windows at night when it is safe to do so



- check on people who are old or on their own



- do not leave people who are vulnerable to very hot weather (very young babies or children or very old people) alone in a parked car



- keep medicines cool



- check with your doctor about your medications in very hot weather
- go to the doctor if you feel dizzy, have pains in your legs or stomach or feel unwell



- Muslim people who do not eat in the day during a festival called Ramadan must be careful and stop fasting and drink water if they do not feel well.

# Warning everyone about very hot weather

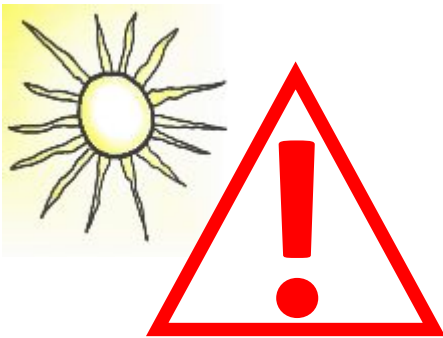
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The Heatwave Plan has different steps or levels.



These levels are linked to how hot the **Met Office** thinks the weather will be.

They look at how hot it is going to be during the day and night and how long this will last.

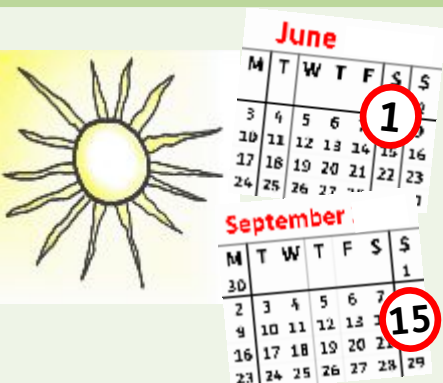


Then they give **alerts** or warnings about heatwaves.



## Level 0.

Planning all year for hot weather.



## Level 1.

Getting ready for when the weather may be hot between 1st June and 15th September.



## Level 2.

When the weather will be hot enough to affect people's health in the next 2 or 3 days.



## Level 3.

When there is a heatwave in at least 1 part of England.



## Level 4.

When the weather is very hot or hot for a long time and starts to affect more people and services. The Government will decide whether to go to Level 4.



The Heatwave plan says how alerts will be passed on to local people and organisations like schools, doctors and care homes.

The next pages tell you what each level means and what the plan says everyone should do.

## Level 0 – planning ahead

### Planning all year



**Local councils and services like care homes, schools and hospitals should:**

- think about people who might be at risk in very hot weather



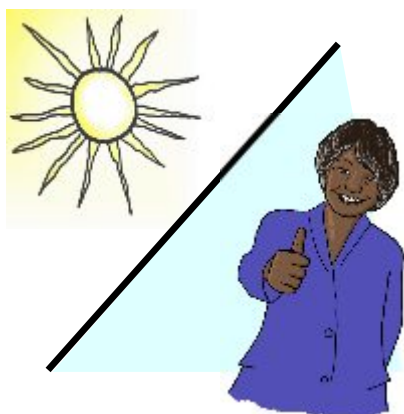
- have plans for keeping people cool and safe.

**Local people and community groups should:**

Plan for very hot weather and think about how to:



- keep buildings cool. For example by **insulating** their homes (having layers of thick material to keep the heat out) and putting curtains on windows.



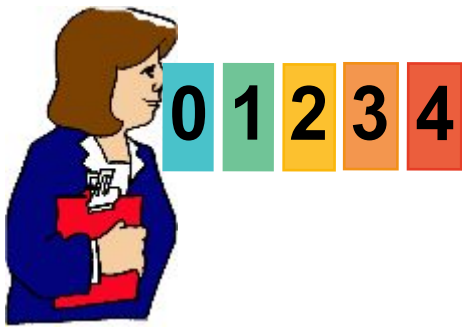
- keep themselves, other people and medicines cool.

# Level 1 – getting ready for summer



**Local councils and services like care homes, schools and hospitals should:**

- make sure everyone knows which people are **at risk** in very hot weather

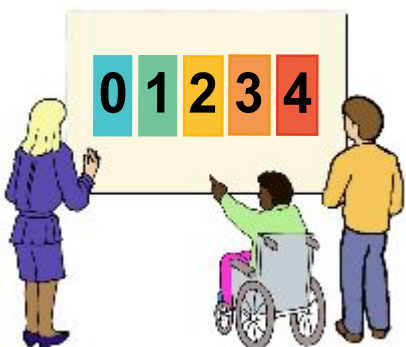


- make sure all services have plans for working in very hot weather.



**Local people and community groups should:**

- think about which neighbours might need extra help



- make sure everyone knows about keeping safe in very hot weather.



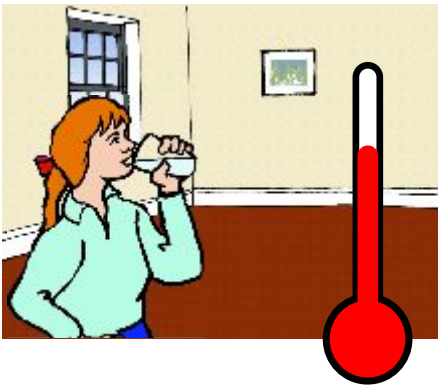
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## Level 2 – when really hot weather is coming



**Local councils and services like care homes, schools and hospitals should:**

- make sure staff and people they support know what to do in very hot weather



- check the temperature in rooms and make sure people have cool places to go and cold water to drink



- think about people that often get missed out.

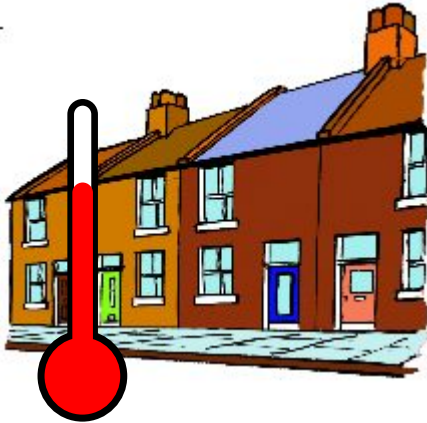


**Local people and community groups should:**

- listen to the weather forecast



- make sure they have plenty of food and any medicine they need



- check that homes are cool enough



- check people who might need extra help.

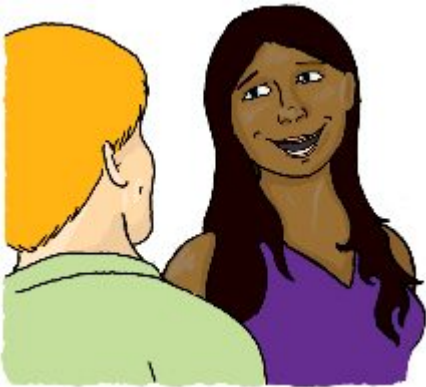


## Level 3 – when there is a heatwave in at least 1 part of England

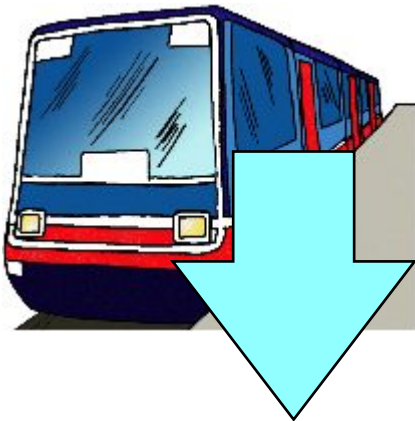


Local councils and services like care homes, schools and hospitals should:

- follow their plans for keeping their services running in very hot weather



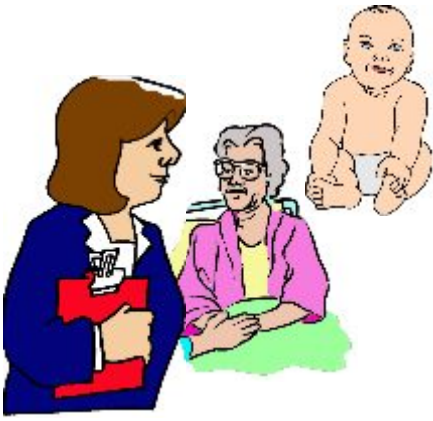
- make sure staff know how to help people and give them advice about how to keep safe



- support people to travel less

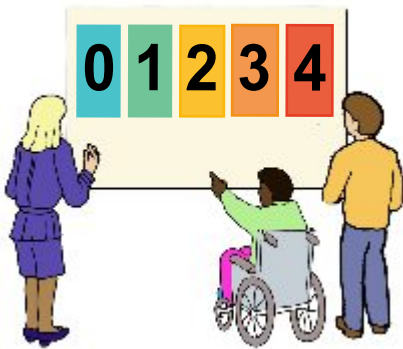


- check that public events or meetings will be safe in very hot weather



- visit or telephone people who are at risk.

### Local people and community groups should:



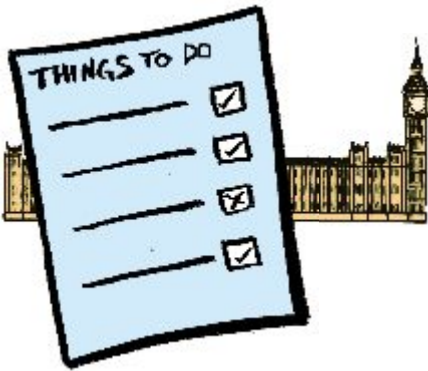
- follow heatwave plans or information and advice about keeping safe in very hot weather. Read pages 6-8 for more information



- check people who might need extra support.



**Level 4 – when the weather is very hot or hot for a long time and starts to affect more people and services**



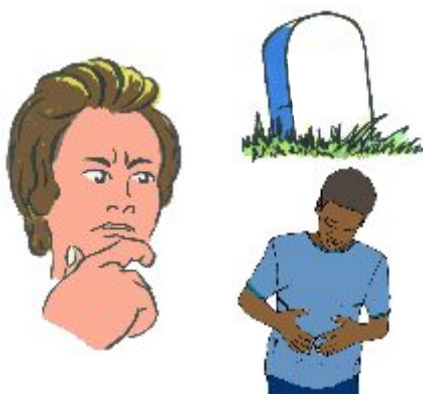
This is called a **national emergency** and the government decides what people and organisations must do.

## Making sure the plan works

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Health services will work with other organisations to make sure the plan works in their area.



We will find out how many more people died or were ill and talk to people who have been involved.



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