



EXTREME HEAT



AMBER ALERT - UNTIL 11.59 ON TUESDAY 23RD JUNE

Heat is likely to impact the wider population, especially older adults and those with health conditions.

RED ALERT- FROM 9AM ON WEDNESDAY 24TH - 9PM THURSDAY 25TH

Risk to life even for healthy people, with potential disruption to travel, services, and infrastructure.

Stay Cool & Hydrated

- Drink plenty of fluids
- Keep out of the sun, especially between 11am–3pm
- Close curtains in sun-facing rooms
- If going out, take water, stay in the shade, and wear sunscreen and a wide-brimmed hat

Water Safety

- Enter water gradually – avoid jumping or diving straight in
- Use lifeguarded or supervised swimming areas
- If in difficulty, float on your back

Keep Pets Safe

- Avoid walking dogs during the hottest part of the day
- Pavements can become extremely hot and burn paws – walk early morning or late evening
- Ensure pets have plenty of fresh water and shade
- Never leave animals in parked cars

Town Hall Support

- Sun cream available for residents to apply
- Refill your water bottles
- Cups of cold water available

Travel Safely in the Heat

- Check road, bus, and train updates before travelling
- Carry water and consider a handheld fan
- If unwell, get off at the next stop for fresh air
- Wear light, loose-fitting clothing
- Look out for fellow passengers

Health Concerns

- If worried about your health or someone else's, call NHS 111

Look Out for Others

- Check on vulnerable people, including older neighbours, those with health conditions, and anyone living alone

Be Prepared

- Prepare for possible power cuts – keep torches, spare batteries, and a phone power pack ready



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TOWN COUNCIL**

FOR MORE INFORMATION

Visit the following resources:

UK Health Security Agency

Adverse Weather Health Plan

<https://www.gov.uk/guidance/adverse-weather-and-health-plan>

UKHSA & Met Office

Weather Health Alerts

<https://www.gov.uk/guidance/weather-health-alerting-system>

NHS Choices

Heatwave: be prepared

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

WSCC

Dealing with extreme weather

<https://www.westsussex.gov.uk/fire-emergencies-and-crime/dealing-with-extreme-weather/>

WSCC

Weather updates

<https://www.westsussex.gov.uk/leisure-recreation-and-community/weather/>

WSCC

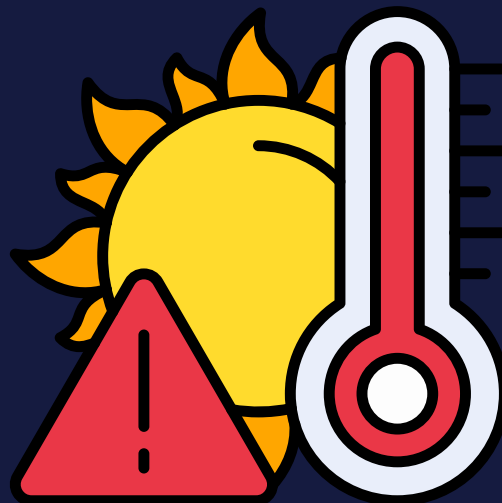
Preparing for emergencies

<https://www.westsussex.gov.uk/fire-emergencies-and-crime/preparing-for-emergencies/>

RSPCA

Top tips for keeping pets cool in hot weather

<https://www.rspca.org.uk/adviceandwelfare/seasonal/summer/hotweather>



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