

# Berkshire Heatwave and Summer preparedness during COVID-19

## Actions to prevent harm

For local authorities and partners

June 2020

Content from the Heatwave Plan for England resources:

<https://www.gov.uk/government/publications/heatwave-plan-for-england>

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# Key contacts for advice

Organisation	Email address
Bracknell Forest Council Public Health	<a href="mailto:Katherine.Davies@bracknell-forest.gov.uk">Katherine.Davies@bracknell-forest.gov.uk</a> <a href="mailto:Cynthia.Folarin@bracknell-forest.gov.uk">Cynthia.Folarin@bracknell-forest.gov.uk</a>
Royal Borough of Windsor and Maidenhead Council Public Health	<a href="mailto:holli.dalgliesh@rbwm.gov.uk">holli.dalgliesh@rbwm.gov.uk</a>
Slough Borough Council Public Health	<a href="mailto:timothy.howells@slough.gov.uk">timothy.howells@slough.gov.uk</a>
Reading Borough Council Public Health	<a href="mailto:Yasmine.illsley@reading.gov.uk">Yasmine.illsley@reading.gov.uk</a>
West Berkshire Council Public Health	<a href="mailto:catherine.greaves@westberks.gov.uk">catherine.greaves@westberks.gov.uk</a> <a href="mailto:april.peberdy@westberks.gov.uk">april.peberdy@westberks.gov.uk</a>
Wokingham Borough Council Public Health	<a href="mailto:mustafa.kamara@wokingham.gov.uk">mustafa.kamara@wokingham.gov.uk</a>
Shared Public Health Team for Berkshire	<a href="mailto:Jonas.Thompson-McCormick@bracknell-forest.gov.uk">Jonas.Thompson-McCormick@bracknell-forest.gov.uk</a> <a href="mailto:Chris.Barrett@bracknell-forest.gov.uk">Chris.Barrett@bracknell-forest.gov.uk</a>

# Heatwave Plan for England

- The Heatwave Plan for England becomes operational between 1<sup>st</sup> June and 15<sup>th</sup> September to raise both public and professional awareness of the health impacts of hot weather, including severe heat.
- The [Heatwave Plan for England](#) provides guidance to NHS, social care and local authorities on how to prepare for and respond to a heatwave which can affect everybody's health, but particularly the most vulnerable people in society.

# Why is heatwave planning important?

- There are around 2,000 heat-related deaths per year in the UK
- Death rates rise soon after temperature increases, with many deaths occurring **in the first two days**
- The impact of heat on mortality is not reflected in admissions, supporting the idea that many heat-related deaths occur **before people come to medical attention**
- This emphasises the importance of long-term year round planning actions by LA and Health sector
- 1 in 5 homes in England are prone to overheating; few (~ 1-3%) have air conditioning
- A range of mild to severe health impacts can result from exposure to high temperatures
- The main causes of illness and death during a heatwave are exacerbation of **respiratory and cardiovascular illness**

# Heat related illnesses

*Heat syncope* – dizziness and fainting, due to dehydration, vasodilation, cardiovascular disease and certain medications

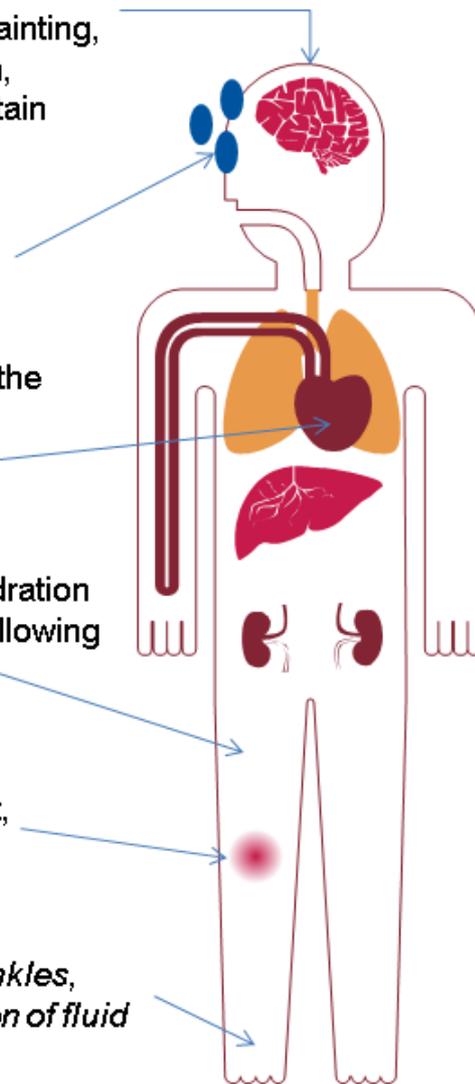
Excessive sweating can deplete fluid and salts

When blood temperature rises, the body stimulates sweat glands, dilates blood vessels and increases the heart rate

*Heat cramps* – caused by dehydration and loss of electrolytes, often following exercise

Increased blood flow to the skin cools the body by radiating heat, leading to heat rash (small, red itchy papules)

*Heat oedema* – mainly in the ankles, due to vasodilation and retention of fluid



## Health effects of heat

*The main causes of illness and death during a heatwave are respiratory and cardiovascular diseases. Additionally, there are specific heat-related illnesses including:*

### Heat Exhaustion

- Nausea or irritability
- Dizziness
- Muscle Cramps or weakness
- Feeling faint
- Headache
- Fatigue
- Heavy sweating
- High body temperature

### Heatstroke

- Hot, dry skin or profuse sweating
- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature

# Heat-Health Watch alert service

Heat-Health Watch alerts are cascaded to a wide range of partners. There are five levels:

<b>Level 0</b>	<b>Long-term planning</b> <i>All year</i>
<b>Level 1</b>	<b>Heatwave and Summer Preparedness</b> programme - 1 <sup>st</sup> June – 15 <sup>th</sup> September
<b>Level 2</b>	<b>Heatwave is forecast</b> – Alert and readiness 60% risk of heatwave in the next 2–3 days
<b>Level 3</b>	<b>Heatwave Action</b> - Temperature reached in one or more Met Office National Severe Weather Warning Service regions
<b>Level 4</b>	<b>Major incident</b> – Emergency response Central Government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health

The triggering threshold temperatures for South East England are 31<sup>0</sup>C by day and 16<sup>0</sup>C by night.

The distribution list for the Heat-Health Watch alerts is managed by the Met Office. For new registrations contact [enquiries@metoffice.gov.uk](mailto:enquiries@metoffice.gov.uk) Existing users need not re-register.

# Heat and COVID-19

# Headlines

- COVID-19 **amplifies** the risks of hot weather
- **Fear** of COVID-19 should not prevent action to tackle the risks from hot weather and heatwaves
- It is **critical** that actions to prevent health harms from high temperatures **continue**, with necessary adaptations in line with coronavirus guidance to keep everyone **safe** (i.e. shielding and self-isolation advice)
- **Fans:**
  - In home: do not use a fan if anyone in the home is unwell with symptoms of coronavirus (COVID-19)
  - Care homes: fans should only be used in single rooms for residents who do not have COVID-19 and have not been a close contact of a confirmed case
- Our care homes and domiciliary care are particularly stretched due to COVID-19, and **workforce planning** is essential in order to continue to protect those who are dependent on others during a potential heatwave.

# Potential risks

- **Potential increase in adverse outcomes amongst the same population groups affected by both high temperatures and COVID-19.** For example, older people and those with comorbidities such as cardio-respiratory diseases
- **Increase in exposure to indoor overheating due to COVID-19 restrictions.** For example, people who have been advised to stay at home
- **Reduced access to cool public spaces** for respite due to COVID-19 restrictions
- **System-level risks related to concurrency of impacts.** For example, increased demand on social care services to prevent both heat and COVID19 related harms

# Individual vulnerability (1)

**EVERYBODY** can be affected by high temperatures, but there are certain factors that increase an individual's risk during a heatwave. These include:

- **Older age:** especially those over 75 years old, or those living on their own and who are socially isolated, or those living in a care home
- **Chronic and severe illness:** including heart or lung conditions, diabetes, renal insufficiency, Parkinson's disease or severe mental illness
- **Inability to adapt behaviour to keep cool:** babies and the very young, having a disability, being bed bound, consuming too much alcohol, having Alzheimer's disease
- **Environmental factors and overexposure:** living in a top floor flat, being homeless, activities or jobs that are in hot places or outdoors and include high levels of physical exertion
- **Other risk groups:** older carers; tourists; people attending large events; people fasting over Ramadan
- N.B. Although BAME people are not at increased risk per se, significant numbers of people from BAME communities live in urban areas and so may be adversely affected by the urban heat island effect

# Individual vulnerability (2)

We still have much to learn about how coronavirus (COVID-19) affects the body, but both heat and COVID-19 infections put a strain on the heart and lungs, the kidneys and are linked with inflammation in the body.

Clinical vulnerabilities that have been linked with worse outcomes from COVID-19 that are also risks for heat related harms are:

- High blood pressure
- Chronic obstructive pulmonary disease
- Heart and lung conditions (cardiovascular disease)
- Conditions that affect the flow of blood in the brain (cerebrovascular disease)
- Kidney disease

# Environmental risks

Environmental risk factors for increased exposure to heat include:

## **Living in urban areas**

- This is due to the urban heat island effect and is important for those with limited green space nearby

## **Dwelling types prone to overheating**

- Such as south-facing top-floor flats

**Local air pollution** (i.e. particulate matter) may exacerbate the health impacts of heat

# Indoor overheating

## Many more people will be at home this summer

- To reduce the transmission of coronavirus (COVID-19) many people will be working from home
- Anyone with symptoms of COVID-19 will need to stay at home for at least 7 days, others may be advised to stay at home if they have been in close contact with someone who has COVID-19 or they are living in the same household as someone with COVID-19
- People who are extremely clinically vulnerable have been advised to limit their contact with others and to stay at home to limit their risk
- Latest Government advice can be found here:  
<https://www.gov.uk/coronavirus>

# Higher risk groups

Specific populations at increased risk of exposure to heat due to the context in which they live include:

- **Homeless people** (whether sleeping rough or in shelters)
- **People resident in specific institutional settings** (e.g. prisons, barracks, inpatient psychiatric units)
- **Some occupations, workplaces and schools** - particularly those involving significant manual exertional, heat generation (e.g. cooking, some manufacturing roles) and in buildings prone to overheating and without air conditioning.

**Many of these settings have restrictions in place to reduce COVID-19 transmission – additional considerations will be needed to ensure that plans are in place should a heatwave occur**

# Action tables from Heatwave plan for England

Public Health England states the following action tables in the Heatwave Plan for England should continue to be followed *with some additional considerations to mitigate and manage the concurrent COVID-19 risks*

# Action table for commissioners of health and social care (all settings) and Public Health

Figure 3.1: Commissioners of health and social care (all settings) and local authority Directors of Public Health

Level 0	Level 1	Level 2	Level 3	Level 4
<p><b>Long-term planning</b> All year See accompanying document 'Making the Case' for more detail</p>	<p><b>Heatwave and summer preparedness programme</b> 1 June to 15 September</p>	<p><b>Heatwave is forecast – alert and readiness</b> 60% risk of heatwave in the next 2 to 3 days</p>	<p><b>Heatwave action</b> Temperature reached in one or more Met Office National Severe Weather Warning Service regions</p>	<p><b>Major incident – emergency response</b> Central Government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health</p>
<p>Working with partner agencies, incorporate into JSNA's/HWS's long term plans to prepare for, and mitigate, the impact of heatwaves, including:</p> <ul style="list-style-type: none"> <li>• how to identify and improve the resilience of those individuals and communities most at risk</li> <li>• ensuring that a local, joined-up programme is in place covering:</li> <li>• housing (inc loft and wall insulation and other plans to reduce internal energy use and heat production)</li> <li>• environmental action: (eg increase trees and green spaces; external shading; reflective paint; water features)</li> <li>• other infrastructure changes (eg porous pavements)</li> <li>• engaging the community and voluntary sector to support development of local community emergency plans</li> <li>• making progress on relevant Public Health Outcomes Framework indicators</li> </ul>	<ul style="list-style-type: none"> <li>• work with partner agencies, providers and businesses to coordinate heatwave plans, ensuring vulnerable and marginalised groups are appropriately supported</li> <li>• work with partners and staff on risk reduction awareness (eg key public health messages – box 1), using a variety of methods to maximise dissemination</li> <li>• ensure care homes and hospitals are aware of the heatwave plan and are engaged in preparing for heatwaves</li> <li>• continue to engage the community and voluntary sector to support communities to help those most at risk</li> <li>• ensure other institutional establishments (eg prisons, schools) are aware of heatwave guidance</li> <li>• ensure organisers of large events take account of possible heat risks</li> </ul>	<ul style="list-style-type: none"> <li>• communicate public media messages – especially to 'hard to reach' vulnerable groups</li> <li>• communicate alerts to staff and make sure that they are aware of heatwave plans</li> <li>• implement business continuity</li> <li>• increase advice to health and social care workers working in community, care homes and hospitals</li> </ul>	<ul style="list-style-type: none"> <li>• media alerts about keeping cool</li> <li>• support organisations to reduce unnecessary travel</li> <li>• review safety of public events</li> <li>• mobilise community and voluntary support</li> </ul>	<p><b>National emergency</b> Continue actions as per Level 3 unless advised to the contrary</p> <p>Central government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health and if requiring coordinated multi-agency</p>

## High-risk groups

**Community:** over 75, female, living on own and isolated, severe physical or mental illness; urban areas, south-facing top flat; alcohol and/or drug dependency, homeless, babies and young children, multiple medications and over-exertion

**Care home or hospital:** over 75, female, frail, severe physical or mental illness; multiple medications; babies and young children (hospitals).

\*Because Level 2 is based on a prediction, there may be jumps between levels. Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions.

\*\* Level 4: A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, co-ordinated by the Civil Contingencies Secretariat

# **COVID-19: additional actions for commissioners of health and social care (all settings) and Public Health**

- Work with partner agencies, providers and businesses to raise awareness about the concurrent risk of hot weather and COVID-19
- Encourage partners to sign up to the heat-health alert system
- Ensure care homes and hospitals are aware of the heatwave plan and are preparing for heatwave as a concurrent risk with COVID-19
- Engage the community and voluntary sector to support communities to help those most at risk, especially those who are socially isolated
- Ensure other institutional establishments (i.e. prisons, schools) are aware of heatwave guidance
- Work with local partners to facilitate equitable and flexible access to green public spaces during hot weather

# Action table for providers

Figure 3.2: Providers – health and social care staff in all settings (community, hospitals and care homes)

Level 0	Level 1	Level 2	Level 3	Level 4
<p><b>Long-term planning</b> All year See accompanying document 'Making the Case' for more detail</p>	<p><b>Heatwave and summer preparedness programme</b> 1 June to 15 September</p>	<p><b>Heatwave is forecast – alert and readiness</b> 60% risk of heatwave in the next 2 to 3 days</p>	<p><b>Heatwave action</b> Temperature reached in one or more Met Office National Severe Weather Warning Service regions</p>	<p><b>Major incident – emergency response</b> Central government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health</p>
<p><b>Professional staff (all settings):</b></p> <ul style="list-style-type: none"> <li>develop systems to identify and improve resilience of high-risk individuals</li> <li>request an HHSRS assessment from EH for clients at particular risk</li> <li>encourage cycling/walking where possible to reduce heat levels and poor air quality in urban areas</li> </ul> <p><b>Care homes and hospitals:</b></p> <ul style="list-style-type: none"> <li>work with commissioners to develop longer term plans to prepare for heatwaves</li> <li>make environmental improvements to provide a safe environment for clients in the event of a heatwave</li> <li>prepare business continuity plans to cover the event of a heatwave (eg storage of medicines, computer resilience, etc)</li> <li>work with partners and staff to raise awareness of the impacts of severe heat and on risk reduction awareness (key public health messages – box 1)</li> </ul>	<p><b>Professional staff (all settings):</b></p> <ul style="list-style-type: none"> <li>identify high-risk individuals on your caseload and raise awareness of heat illnesses and their prevention among clients and carers (see key public health messages – box 1)</li> <li>include risk in care records and consider whether changes might be necessary to care plans in the event of a heatwave (eg initiating daily visits by formal or informal care givers for those living alone)</li> </ul> <p><b>Care homes and hospitals:</b></p> <ul style="list-style-type: none"> <li>ensure business continuity plans are in place and implement as required; ensure appropriate contact details are provided to LA/NHS emergency planning officers to facilitate transfer of emergency information</li> <li>identify or create cool rooms/areas (able to be maintained below 26°C)</li> <li>install thermometers where vulnerable individuals spend substantial time</li> </ul>	<p><b>Professional staff (all settings):</b></p> <ul style="list-style-type: none"> <li>check high-risk people have visitor/ phone call arrangements in place</li> <li>reconfirm key public health messages to clients</li> <li>check client's room temperature if visiting</li> </ul> <p><b>Care homes and hospitals:</b></p> <ul style="list-style-type: none"> <li>check indoor temperatures are recorded regularly during the hottest periods for all areas where patients reside</li> <li>ensure cool areas are below 26°C</li> <li>review and prioritise high-risk people</li> <li>ensure sufficient cold water and ice</li> <li>consider weighing clients regularly to identify dehydration and rescheduling physio to cooler hours</li> <li>communicate alerts to staff and make sure that they are aware of heatwave plans</li> <li>ensure sufficient staffing</li> <li>implement business continuity</li> </ul>	<p><b>Professional staff (all settings):</b></p> <ul style="list-style-type: none"> <li>visit/phone high-risk people</li> <li>reconfirm key public health messages to clients</li> <li>advise carers to contact GP if concerns re health</li> </ul> <p><b>Care homes and hospitals:</b></p> <ul style="list-style-type: none"> <li>activate plans to maintain business continuity – including a possible surge in demand</li> <li>check indoor temperatures are recorded regularly during the hottest periods for all areas where patients reside</li> <li>ensure staff can help and advise clients including access to cool rooms, close monitoring of vulnerable individuals, reducing internal temperatures through shading, turning off unnecessary lights/equipment, cooling building at night, ensuring discharge planning takes home temperatures and support into account</li> </ul>	<p><b>National emergency</b> Continue actions as per Level 3 unless advised to the contrary</p> <p>Central government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health and if requiring coordinated multi-agency response</p>

## High-risk groups

**Community:** Over 75, female, living on own and isolated, severe physical or mental illness; urban areas, south-facing top flat; alcohol and/or drug dependency, homeless, babies and young children, multiple medications and over-exertion

**Care home or hospital:** over 75, female, frail, severe physical or mental illness; multiple medications; babies and young children (hospitals).

\*Because Level 2 is based on a prediction, there may be jumps between levels. Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions.

\*\* Level 4: A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, co-ordinated by the Civil Contingencies Secretariat

# COVID-19: additional actions for providers of health and social care staff in all settings (community, hospitals and care homes)

- More residents of care homes and people receiving personal care than usual may be at risk from heat due to COVID ill-health and COVID restrictions. Review who may be at high risk
- People receiving care may need additional support to cope with the hot weather. Review your usual plans for surge capacity in hot weather in light of possible COVID-19 related staff absence and to ensure staff welfare
- Communicate alerts to staff and ensure they know what to do when the weather gets hot – use the [PHE COVID-19 'Beat the Heat' leaflet](#) and [checklist for Care Homes \(page 2\)](#)
- Care home managers may wish to remind staff that face masks should be changed when they get damp, staff may need to change their masks more often in hot weather
- Fans should only be used in single rooms for residents who do not have COVID-19 and have not been a close contact of a confirmed case

# Action table for community and voluntary sector and individuals

Figure 3.3: Community and voluntary sector and individuals

Level 0	Level 1	Level 2	Level 3	Level 4
<p><b>Long-term planning</b> All year See accompanying document 'Making the Case' for more detail</p>	<p><b>Heatwave and summer preparedness programme</b> 1 June to 15 September</p>	<p><b>Heatwave is forecast – alert and readiness</b> 60% risk of heatwave in the next 2 to 3 days</p>	<p><b>Heatwave action</b> Temperature reached in one or more Met Office National Severe Weather Warning Service regions</p>	<p><b>Major incident – emergency response</b> Central government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health</p>
<p><b>Community groups:</b></p> <ul style="list-style-type: none"> <li>develop a community emergency plan to identify and support vulnerable neighbours in event of a heatwave</li> <li>assess the impact a heatwave might have on the provision and use of usual community venues</li> <li>support those at-risk to make sure they are receiving the benefits they are entitled to</li> </ul> <p><b>Individuals:</b></p> <ul style="list-style-type: none"> <li>make environmental improvements inside and outside the house which reduce internal energy and heat</li> <li>install loft and wall insulation</li> <li>identify cool areas in the house to use in the event of a heatwave</li> <li>of on medications, ensure that these can be stored at safe levels in a heatwave</li> </ul>	<p><b>Community groups:</b></p> <ul style="list-style-type: none"> <li>further develop community emergency plan</li> <li>support the provision of good information about health risks especially with those vulnerable groups and individuals (see key public health messages – box 1)</li> </ul> <p><b>Individuals:</b></p> <ul style="list-style-type: none"> <li>find good information about health risks and key public health messages to stay healthy during spells of severe heat (see key public health messages box 1)</li> <li>look out for vulnerable neighbours</li> </ul>	<p><b>Community groups:</b></p> <ul style="list-style-type: none"> <li>keep an eye on people you know to be at risk</li> <li>stay tuned into the weather forecast and keep stocked with food and medications</li> <li>check ambient room temperatures</li> </ul> <p><b>Individuals</b></p> <ul style="list-style-type: none"> <li>stay tuned into the weather forecast</li> <li>check ambient room temperatures – especially those rooms where disabled or high risk individuals spend most of their time</li> <li>keep an eye on people you know to be at risk – ensure they have access to plenty of cool liquids</li> <li>look out for vulnerable neighbours</li> </ul>	<p><b>Community groups:</b></p> <ul style="list-style-type: none"> <li>activate community emergency plan</li> <li>check those you know are at risk</li> </ul> <p><b>Individuals</b></p> <ul style="list-style-type: none"> <li>follow key public health messages</li> <li>check those you know are at risk</li> </ul>	<p><b>National emergency</b> Continue actions as per Level 3 unless advised to the contrary  Central government will declare a <b>Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health and if requiring coordinated multi-agency response</b></p>

## High-risk groups

**Community:** Over 75, female, living on own and isolated, severe physical or mental illness; urban areas, south-facing top flat; alcohol and/or drug dependency, homeless, babies and young children, multiple medications and over-exertion

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## **COVID-19: additional actions for community and voluntary sector and individuals**

- Have plans in place to be able to check on others safely in advance of the hot weather (i.e. over the phone)
- Follow the advice on the PHE resource 'Coping with heat and COVID-19'
- Encourage those who may find it more difficult to cope in hot weather to request help through the volunteer networks, for example, <https://www.goodsamapp.org/home>
- Advise those at risk that they should continue to seek medical help if they are feeling unwell and that plans are in place to deliver services safely despite COVID-19

# Key public health messages

### 3.2 Box 1 – key public health messages<sup>1</sup>

#### Stay out of the heat:

- keep out of the sun between 11am and 3pm
- if you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf
- avoid extreme physical exertion
- wear light, loose-fitting cotton clothes

#### Cool yourself down:

- have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks
- eat cold foods, particularly salads and fruit with a high water content
- take a cool shower, bath or body wash
- sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck

#### Keep your environment cool:

- keeping your living space cool is especially important for infants, the elderly or those with chronic health conditions or who can't look after themselves
- place a thermometer in your main living room and bedroom to keep a check on the temperature
- keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped
- close curtains that receive morning or afternoon sun, however, care should be taken with metal blinds and dark curtains, as these can absorb heat – consider replacing or putting reflective material in-between them and the window space
- turn off non-essential lights and electrical equipment – they generate heat
- keep indoor plants and bowls of water in the house as evaporation helps cool the air
- if possible, move into a cooler room, especially for sleeping
- electric fans may provide some relief, if temperatures are below 35°C<sup>2</sup>

(Longer-term)

- consider putting up external shading outside windows
- use pale, reflective external paints
- have your loft and cavity walls insulated – this keeps the heat in when it is cold and out when it is hot
- grow trees and leafy plants near windows to act as natural air-conditioners (see 'Making the Case')

**Look out for others:**

- keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool
- ensure that babies, children or elderly people are not left alone in stationary cars
- check on elderly or sick neighbours, family or friends every day during a heatwave
- be alert and call a doctor or social services if someone is unwell or further help is needed

**If you have a health problem:**

- keep medicines below 25 °C or in the refrigerator (read the storage instructions on the packaging)
- seek medical advice if you are suffering from a chronic medical condition or taking multiple medications

**If you or others feel unwell:**

- try to get help if you feel dizzy, weak, anxious or have intense thirst and headache; move to a cool place as soon as possible and measure your body temperature
- drink some water or fruit juice to rehydrate
- rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms or abdomen, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes.
- medical attention is needed if heat cramps last more than one hour
- consult your doctor if you feel unusual symptoms or if symptoms persist

# Guidance and resources

## **For everyone:**

- [Beat the Heat: Coping with heat and COVID-19 \(poster\)](#)
- [Beat the heat: Coping with heat and COVID-19 \(leaflet\)](#)
- [Beat the heat: keep cool at home \(checklist\)](#)
- [Heatwave Plan for England: easy read version](#)
- [Specific advice and guidance on coronavirus \(COVID-19\)](#)

## **For care homes and domiciliary care:**

- [Beat the Heat Keep residents safe and well during COVID-19](#) – including a checklist for staff in on page 2
- [Advice for care home managers and staff: supporting vulnerable people before and during a heatwave](#)

# Guidance and resources

## **For health and social care professionals:**

- [Advice for health and social care professionals: supporting vulnerable people before and during a heatwave](#)

## **For schools, early years settings and professionals (school nurse, community health practitioner, family health visitor):**

- [Looking after children and those in early years settings during heatwaves: guidance for teachers and professionals](#)

# NHS summer health advice

- [Heatwave: how to cope in hot weather](#)
- [Hydration leaflet and poster](#)
- [How to get vitamin D from sunlight](#)
- [Sunscreen and sun safety](#)
- [Stay gas safe this summer](#)
- [Water safety for children and young people](#)
- [Window safety for children](#)