



Weather health alerts

Easy Read booklet



Weather health alerts



Weather health alerts are about any hot or cold weather which could affect people's health.



UK Health
Security
Agency

We send alerts to lots of organisations. For example:



- hospitals and GP surgeries
- day centres and care homes
- schools and community groups
- emergency services
- news and social media



Weather health alerts



The alerts tell people about:

- the weather forecast
- the effects of the weather
- advice about what to do to stay safe



Here is an example of information that might be given in an alert:

- we are expecting some very cold and windy weather
- roads will be slippery, and trees may fall over
- do not travel, unless you have no choice



Effects of hot and cold weather



Here are examples of how the weather can affect people and the organisations who help them:

- **hot weather** - older people are more likely to become unwell or die because of the heat



- **extreme heat** - carers and health staff may find it difficult to support people properly



- **icy roads** - carers and health staff will find it difficult to travel to the people they help



- **heavy snow** – schools and day centres may close

People who are most at risk



Some people are more likely to be unwell or die, because of hot or cold weather.

For example, people who:



- are over 65 years old
- are 5 years old or younger



- are pregnant or have long-term health conditions
- live alone, or need help to look after themselves



- have learning disabilities
- are at risk of falling over

How we create alerts



The **UK Health and Security Agency** and the **Met Office** work together to:

- **predict the weather** – this means we can tell what the weather will be like



- find out what happened when there was similar weather in the past



- decide whether there are risks to people's health
- give advice about what to do, to stay as safe as possible



We use green, yellow, amber and red alerts to make it easier to see how serious the alert is.

Green - no alert



We will not send any alerts.
There is no risk to people's health
because of the weather.

This is a good time for organisations
to plan for hot or cold weather.

Yellow alert



We expect hot or cold weather.
It will not affect most people.

It might affect people who are very
old, young, disabled or unwell.

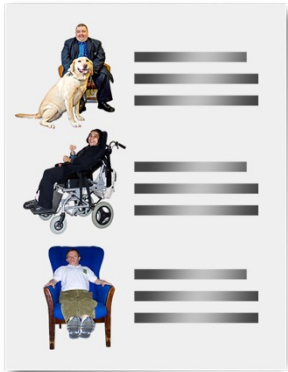


Health and social care organisations
must make sure that these people
are healthy and safe.

Amber alert



We are expecting very hot or very cold weather. It is likely to affect everyone.



Some people are more at risk of being unwell or dying because of the weather.

Look at page 5 of this booklet:
People who are most at risk.



Emergency services, GPs and care services will be busier than normal. The weather might also make it harder for them to work.



Other things may also be affected. For example, roads, water supplies and schools.

Red alert



We are expecting extreme hot or cold weather. Even healthy people are more likely to be unwell or die because of the weather.

Lots of things are very likely to be affected. For example:



- hospitals, care homes and day centres may not be able to work as normal



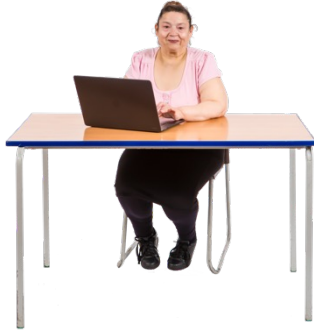
- trains may be cancelled and roads may be blocked

- schools may close



- electricity, water or gas supplies may be cut off

Links to useful information



Register for health alerts

[Link to online registration form](#)



Met Office

Weather forecasts

[Link to Met Office website](#)



Being ready for the weather

[Link to Met Office advice for the current season](#)



England

NHS England

[How to stay well during summer and winter](#)