



UK Health
Security
Agency



What to do in a drought

Easy Read booklet



About drought



A drought is when there isn't much rain for a long time.

In a drought, it is important to:

- **save water**

For example, by not washing cars and not using hosepipes.



- **keep healthy**

For example, by washing your hands and drinking enough water.



This booklet tells you what to do in a drought.

Get information about droughts



Check your water company's website regularly. It will give you advice and information.



Tell your water company if your tap water changes colour, taste or pressure.



If you need help and support, contact your local council. Ask your water company to put you on the [Priority Services Register](#).



Droughts can make rivers and lakes more dangerous.

Find out what is happening in your local area before you do something like swimming or diving.

People at risk

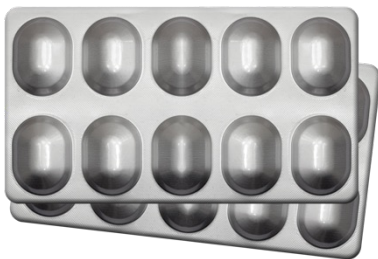


Some people are more likely to be ill because of droughts.

For example:



- older people
- babies and young children



- people with long-term health conditions
- people with serious mental health problems, or on some types of medication



- people who run, walk or play sports outdoors
- homeless people

Keep clean and healthy



Wash your hands often and always before you eat. Wash them for **20 seconds** with water and soap.

If there is no water and soap, use hand gel or wipes.



Wash your food and kitchenware in the same way you always do.

Take showers instead of baths to save water.



A drought can make you anxious and stressed. Ask friends and family for support. You can also visit [NHS Every Mind Matters](#).



Drink enough water



It is important to keep drinking enough water when there is a drought.



Your water company will tell you if there are any problems with your drinking water.



Always take water with you when you go out.



Try not to use bottled water for making baby formula milk. If you do, then boil the water first.

People with breathing problems



If you use an inhaler, make sure you take it with you when the weather is hot.



Poor air quality and pollen can make breathing problems worse.

Drought and hot weather can also cause fires. The smoke can affect your breathing.



Keep your windows and doors closed if there is a fire.



More information about air pollution: [UK Air Information](#)

Save water



You must drink enough water, and wash as normal. But there are ways to save water by:

- fixing leaks



- turning the tap off when you are not using it



- only using your washing machine if you have a full load

- having a shower instead of a bath



- using as little water as you can in your garden

Help and advice



Find your local water company
[Consumer Council for Water](#)



Find out about droughts in your area
[The Environment Agency](#)



Information about private water supplies
[Drinking Water Inspectorate](#)



Met Office

Weather forecasts and warnings
[The Met Office](#)



Ideas for saving water
[Water's Worth Saving](#)