

June 2018

Dear Parents / Carers

You may have seen the reports last week predicting that this summer could be one of the hottest on record. Next week the temperatures are set to rise, so we are taking this opportunity to remind you about Heatwave Alerts and what they mean.

There are four levels of alert: 1, 2, 3 and 4 with level 4 being the most severe. The main risks of heatwave are dehydration, overheating and heatstroke. These issues most affect the very young and the very old and those with heart or breathing problems.

A **Level 2 alert** occurs when a heatwave is forecast i.e. if there is a high chance that an average temperature of 30C by day and 15C overnight will occur over the next 2 to 3 days. These temperatures can have a significant effect on people's health if they last for at least 2 days and the night in between.

If you receive a Level 2 warning, you need to remember that:

**“Heatwaves can be dangerous, especially for the very young or very old or those with chronic disease. Advice on how to reduce the risk can be obtained from NHS Choices at [tips-for-coping-in-hot-weather](#) , NHS 111 or from local chemists.”**

A **Level 3 alert** occurs when the heatwave is actually happening. The messages to be promoted are:

- **Wear loose, cool clothing, and a hat and sunglasses if you go outdoors**
- **Stay out of the sun and don't go out between 11am and 3pm if you're vulnerable to the effects of heat**
- **Keep your home as cool as possible – shading windows and shutting them during the day may help. Open them when it is cooler at night.**
- **Have cool baths or showers, and splash yourself with cool water.**
- **Drink cold drinks regularly. Avoid excess alcohol, caffeine or drinks high in sugar.**
- **Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.**
- **Check up on friends, relatives and neighbours who may be less able to look after themselves.**

A **Level 4 alert** means there is a severe heatwave. This is the highest heatwave alert in Britain. It is raised when a heatwave is severe and/or prolonged, and is an emergency situation. At level 4, the health risks from a heatwave can affect fit and healthy people, and not just those in high-risk groups.

A number of useful publications have been produced to advise people how to Beat the Heat:

Beat the Heat Infographic Poster

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/615550/Beat\\_the\\_heat\\_poster\\_2017.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/615550/Beat_the_heat_poster_2017.pdf)

Beat the Heat: Keep Cool at Home Checklist

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/525361/Beattheheatkeepcoolathomechecklist.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/525361/Beattheheatkeepcoolathomechecklist.pdf)

Beat the Heat booklet:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/615548/Beat\\_the\\_heat\\_leaflet\\_2017.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/615548/Beat_the_heat_leaflet_2017.pdf)