



Press release

For immediate use (Monday 29 June, 2015)

Heatwave expected for London

Much of England, including London, may experience “heatwave” conditions from Tuesday this week (30 June 2015), so Public Health England (PHE) is urging people to think how it may impact them.

The Met Office has forecast potential heatwave conditions for all parts of England except the north east, and has declared a [Level 2 Heat-health alert](#).

This warning is triggered when the Met Office forecasts that there is a 60% or higher chance of temperatures being high enough on at least 2 consecutive days and the intervening night to have a significant effect on health.

Dr Yvonne Doyle, London regional director for Public Health England, said:

“We want everyone to be able to enjoy the good weather safely. Older people, young children, and those with long-term illnesses are particularly vulnerable to the effects of very hot weather, so it’s important to look out for them by helping them to take plenty of cool drinks, for example.

“There are simple steps that people can take to keep safe in the heat and these include

- keeping out of the sun between 11am to 3pm
- applying sunscreen of at least SPF15 with UVA protection
- wearing UV sunglasses, preferably wraparound, to reduce UV exposure to the eyes
- wearing light, loose-fitting cotton clothes, a hat and light scarf
- drinking lots of cool drinks
- looking out for others especially vulnerable groups such as older people, young children and babies, and those with serious illnesses
- never leaving anyone in a closed, parked vehicle, especially infants, young children, or animals.

“Try to keep indoor areas as cool as possible by closing the curtains on windows that receive the sun and open your windows at cooler times of the day and overnight when you can. Turn off non-essential lights and electrical items as these generate heat.

“Many members of the Muslim community may be fasting during the current period of Ramadan. During hot weather it’s important to balance food and fluid intake between fasts and especially to drink enough water. The Muslim Council of Britain and the NHS have [published](#) lots of useful information for those likely affected during this period.

On measures that local organisations can take during periods of hot weather, Dr Doyle added:

“The Heatwave Plan, which we published earlier this year, is an important component of overall emergency planning and sets out a series of clear actions that can be taken by healthcare organisations, local authorities, professionals working with vulnerable people, and individuals to help keep people safe during hot weather.

“We strongly encourage each locality to consider the actions in this plan and adapt them to their local situation, as a component of wider resilience planning and long-term climate change adaptation arrangements.”

Local authorities, professionals and community groups can prepare for hot weather by reviewing the Heatwave Plan for England on the PHE website.

Ends

Notes to editors:

1. See the [Heatwave Plan for England](#) for more information. Be [Sunsmart](#) and visit the [Met Office](#) website for up-to-date forecasts. Advice on enjoying a healthy Ramadan is available from [NHS Choices](#).
2. Public Health England (PHE) exists to protect and improve the nation’s health and wellbeing, and reduce health inequalities. It does this through advocacy, partnerships, world-class science, knowledge and intelligence, and the delivery of specialist public health services. PHE is an operationally autonomous executive agency of the Department of Health. Website: www.gov.uk/phe. Twitter: @PHE_uk / @PHE_London, Facebook: www.facebook.com/PublicHealthEngland.

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