



Public Health
England

Protecting and improving the nation's health

Heatwave Plan for England

Summer preparedness 2020

Emer OConnell, Public Health England

Heatwave Plan for England

Prepare for, alert people to, and prevent, the major avoidable effects on health during periods of severe heat in England.

Sets out recommended actions for:

- National Health Service
- local government
- Social care
- professionals working with people at risk
- individuals, local communities and voluntary groups

Heat-Health Watch

Figure 2.1: Heatwave Alert levels

Level 0	Long-term planning - All year
Level 1	Heatwave and Summer preparedness programme - 1 June – 15 September
Level 2	Heatwave is forecast – Alert and readiness - 60% risk of heatwave in the next 2 to 3 days
Level 3	Heatwave Action - temperature reached in one or more Met Office National Severe Weather Warning Service regions
Level 4	Major incident – Emergency response - central government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health

Heat-Health Watch

Figure 2.1: Heatwave Alert levels

Level 0	Long-term planning - All year
Level 1	Heatwave and Summer preparedness programme - 1 June – 15 September
Level 2	Heatwave is forecast – Alert and readiness - 60% risk of heatwave in the next 2 to 3 days
Level 3	Heatwave Action - temperature reached in one or more Met Office National Severe Weather Warning Service regions
Level 4	Major incident – Emergency response - central government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health

Local threshold temperatures

Threshold maximum day and night temperatures defined by the Met Office National Severe Weather Warning Service (NSWWS) region are set out below.

Maximum temperatures (°C)

NSWWS Region	Day	Night
London	32	18
South East	31	16
South West	30	15
Eastern	30	15
West Midlands	30	15
East Midlands	30	15
North West	30	15
Yorkshire and Humber	29	15
North East	28	15

Heat-Health Watch

Figure 2.1: Heatwave Alert levels

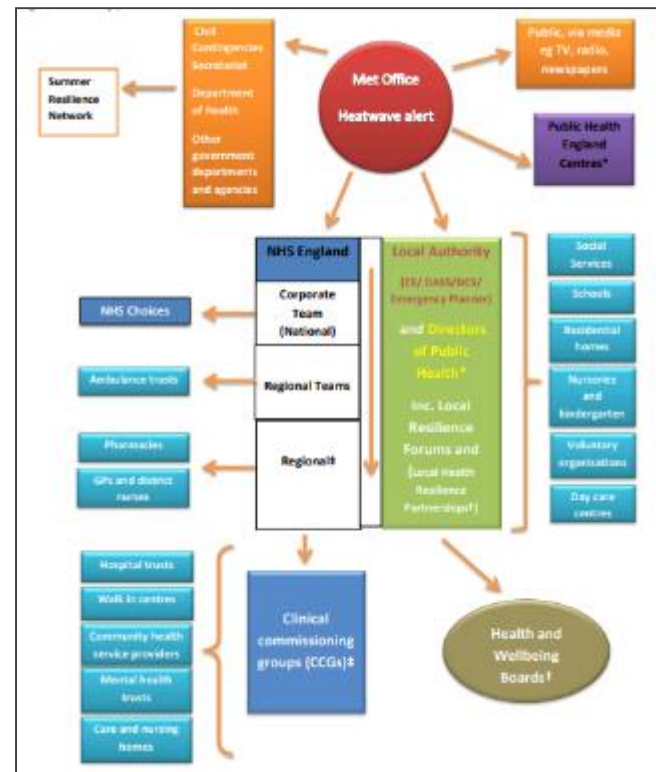
Level 0	Long-term planning - All year
Level 1	Heatwave and Summer preparedness programme - 1 June – 15 September
Level 2	Heatwave is forecast – Alert and readiness - 60% risk of heatwave in the next 2 to 3 days
Level 3	Heatwave Action - temperature reached in one or more Met Office National Severe Weather Warning Service regions
Level 4	Major incident – Emergency response - central government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health

Local threshold temperatures

Threshold maximum day and night temperatures defined by the Met Office National Severe Weather Warning Service (NSWWS) region are set out below.

Maximum temperatures (°C)

NSWWS Region	Day	Night
London	32	18
South East	31	16
South West	30	15
Eastern	30	15
West Midlands	30	15
East Midlands	30	15
North West	30	15
Yorkshire and Humber	29	15
North East	28	15



Individual vulnerability to heat and COVID-19

Shared clinical vulnerabilities

- for example; age, cardiovascular disease

Social and behavioural factors

- for example; dependence on others, reduced mobility, cognitive impairment

Contextual and environmental drivers of exposure and vulnerability

- Exposure: housing type, urban heat island, homelessness
- Settings: care home, prison, school

System level risks

- High demand, issues with syndromic surveillance

Beat the Heat

Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of fluids and avoid excess alcohol



Dress appropriately for the weather



Slow down when it is hot

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE Subcontractor reference number: 2010071

Beat the Heat

Coping with heat & COVID-19

Keep cool at home



Many of us will need to stay safe at home this summer



Know how to keep your home cool



Look out for others safely, follow COVID-19 guidance

Keep cool, keep well



Drink plenty of fluids and avoid excess alcohol



Slow down when it is hot



Stay connected, listen to the forecast

Find cooler, safer places



Go indoors or outdoors, whichever feels cooler



Self-isolate at home if advised to do so



Use cool spaces considerately, keep your distance

Watch out



Be on the lookout for signs of heat-related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

© Public Health England 2020

Beat the Heat

Coping with heat & COVID-19

Keep cool at home



Many of us will need to stay safe at home this summer



Know how to keep your home cool



Look out for others safely, follow COVID-19 guidance

Keep cool, keep well



Drink plenty of fluids and avoid excess alcohol



Slow down when it is hot



Stay connected, listen to the forecast

Find cooler, safer places



Go indoors or outdoors, whichever feels cooler



Self-isolate at home if advised to do so



Use cool spaces considerately, keep your distance

Watch out



Be on the lookout for signs of heat-related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

© Crown Copyright. All rights reserved. 2020

Beat the Heat: Coping with heat and COVID-19



Although most of us welcome the summer sun, high temperatures can be harmful to your health. The heat can affect anyone, but some people run a greater risk of serious harm. Many of those who are at risk of harm from heat are also at greater risk of severe illness due to COVID-19 and may need to spend more time at home than they would usually. Others may need to stay at home because they are self-isolating or recovering from the infection.

During the COVID-19 pandemic, it's especially important that you know what actions to take to keep yourself and others safe from high temperatures.

This document will tell you how to stay safe in hot weather, including how to keep your home cool. It tells you who is at greatest risk of ill health from the heat, how to recognise when you or someone's health may be affected, and what to do if you or someone else becomes unwell [as a result of the heat](#).

Specific resources for heat risk and COVID-19 have been developed and are available here: <https://www.gov.uk/government/publications/heatwave-plan-for-england>

Beat the Heat

Coping with heat & COVID-19

Keep cool at home



Many of us will need to stay safe at home this summer



Know how to keep your home cool



Look out for others safely, follow COVID-19 guidance

Keep cool, keep well



Drink plenty of fluids and avoid excess alcohol



Slow down when it is hot



Stay connected, listen to the forecast

Find cooler, safer places



Go indoors or outdoors, whichever feels cooler



Self-isolate at home if advised to do so



Use cool spaces considerately, keep your distance

Watch out



Be on the lookout for signs of heat-related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

NICE briefing COVID-19: 04-108

Beat the Heat: Coping with heat and COVID-19



Stay cool at home



Many of us will need to stay home this summer

Why is this important?

- to reduce the transmission of coronavirus (COVID-19) many people be 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
- even during a relatively cool summer, 1 in 5 homes in England are likely to overheat

What can I do?

- Make sure you are aware of steps you can take to cool your home (see below)

Care homes

Public Health England

Beat the Heat

Keep residents safe and well during COVID-19

During previous heatwaves, people in care homes and care settings have been at particularly high risk of illness and death. During the COVID-19 pandemic, it is especially important that you know what actions to take to keep residents safe from high temperatures.

Residents at highest risk

Many people at high risk from heat-related illness or disease have died from heatwaves (2020-21)

Some residents may also place themselves at high risk

- Identify those at high risk
- Know your care home response plan
- Monitor temperatures in a room

Keep residents cool

Keeping cool is vital in hot weather. There are a number of ways you can help residents to stay cool. Some of these include: fans, shade, cool drinks and towels

- Recognise heat-related illness
- Monitor hydration and fluid intake
- Fans only for use in care homes with COVID-19 free residents

Keep the building cool

There are a number of ways you can help to reduce heat entering your care home

- Close windows at night, or a few for cooling
- Use blinds to reduce heat gain and use air conditioning if possible
- Turn heating systems off

Take action

Treatments for heat-related illness are a copy the same. Cool the person down and get help if they are unresponsive.

- Move to somewhere cooler if able to do so
- Cool showers, wet sponges, fans
- Get help or call 999 in an emergency

For more information go to www.nhs.uk/heatwave

Are you and your care home prepared for hot weather?

YN Before hot weather conditions

Do you care home have a plan in place should hot weather be forecast and occur?

Do you know the content of the plan and know to lead it?

Do you know what to do if someone becomes unwell in hot weather?

Can you show all residents, according to the instructions on the packaging, how to use temperature sensitive strips on the packaging? If not, what is your organisation's plan for managing this?

Do you know how to keep rooms cool in hot weather?

Do you know how to keep residents cool in hot weather?

YN Residents at risk

More residents than usual may be at risk from heat during COVID-19 outbreaks and COVID restrictions. Focus on at risk heat risk

Are any of your residents unable to adapt their own behaviour under restrictions, or why not?

Do you know that you are also responsible for identifying if a room is overheating?

Do you know who to report an overheating issue to?

YN Keep your residents cool

Are you able to ventilate the rooming, use fans and/or wet towels to cool down the staff if it will ensure the safety of residents?

Do you staff have personal cooling in possible personal sheets? Do you know how to use them?

Are there any other items cooling products? If not, do you know who is responsible for taking action?

Do you know indoor temperatures in bedrooms and common areas in your facility are consistent from room to room? Who is responsible for this?

Do you know who is responsible for managing the heating system in your care home?

Do you know how to turn off the heating in individual bedrooms and common areas? Who is responsible for taking the action?

If the answer to any of the questions is 'no', see the Heatwave Plan for England and associated documents for further information, and ask your line manager for advice. www.gov.uk/government/publications/heatwave-plan-for-england

PHE publication: www501-18

Care homes

Public Health England

Beat the Heat

Keep residents safe and well during COVID-19

During previous heatwaves, people in care homes and care settings have been at particularly high risk of illness and death. During the COVID-19 pandemic, it is especially important that you know what actions to take to keep residents safe from high temperatures.

Residents at highest risk

Many people at high risk from heat-related illness or disease have informed us (2019-20)

Some care settings also place people who are at high risk

- Identify those at high risk
- Know your care home response plan
- Monitor temperatures in care home

Keep residents cool

Keeping cool is vital in hot weather. There are a number of ways you can help residents to stay cool. Some of these include: fans, shade, cool drinks and towels.

- Recognise heat in vulnerable
- Monitor hydration and fluid intake
- Fans only for use in care homes with COVID-19 free residents

Keep the building cool

There are a number of ways you can help to reduce heat in your care home.

- Open windows at night, or a few for cooling
- Use blinds to reduce heat gain and use air conditioning if possible
- Turn heating systems off

Take action

Treatments for heat-related illness are a mix of the same. Cool the person down and get help if they are unresponsive.

- Move to somewhere cooler if able to do so
- Cool showers, wet sponges, fans
- Call help or Call 999 in an emergency

For more information go to www.nhs.uk/heatwave

Are you and your care home prepared for hot weather?

YN Before hot weather conditions

Do you have a plan in place should you need to be limited and/or absent?

- Do you know the content of the plan and when to lead it?
- Do you know what to do if someone has a heat-related illness?
- Can you slow all medicine, according to the instructions on the packaging, when it is too warm to take (store the meds on the package)? If not, what is your organisation's plan for managing this?
- Do you know how to keep rooms cool in hot weather?
- Do you know how to keep residents cool in hot weather?

YN Residents at risk

Are residents then using any of the risk items that don't have COVID-19 health and COVID-19 restrictions. Focus on what hot risk.

Are any of your residents unable to adapt their own behaviour and/or wear masks, or stay cool?

- Do you know that you are also responsible for identifying if a room is overheating?
- Do you know who to report an overheating issue to?

YN Keep your residents cool

Are you able to well into the morning, can residents or staff be alerted to reduce their fluid or avoid alcohol, the safety of residents?

- Do your fans have several settings, is it possible several sheets? Do you know how to use a fan?
- Are there any fans working properly? If not, do you know who is responsible for taking action?
- Do you know if there are temperature in bedrooms and common areas in your facility, are you aware of them? Do you know who is responsible for taking action?
- Do you know how to turn off the heating in individual bedrooms and common areas? Who is responsible for taking the action?

If the answer to any of the questions is 'no', see the Heatwave Plan for England and associated documents for further information, and ask your line manager for advice. www.gov.uk/government/publications/heatwave-plan-for-england

PHE publication: 202007-08

Department of Health & Social Care

CARE

COVID-19: Our Action Plan for Adult Social Care

How to Stay safe (COVID-19) support in care homes

Department of Health & Social Care

Guidance

Coronavirus (COVID-19): care home support package

Updated 22 May 2020

Introduction

COVID-19 continues to present a significant challenge for care homes. Since the pandemic began, we have been working tirelessly to support the social care sector – drawing on all the levers that government has at its disposal, to protect and look after people.

Targeted engagement

Cooling interventions

- Rapid evidence review, briefing for hospital, care home & domestic settings

Cooler Safer public spaces

- Briefing for local Directors of Public Health - 'Making the case' for equitable use of urban green space

Heat and PPE

- Briefing for National Health Service and Health and Safety Executive

Advice for people who need to stay at home (incl. shield group)

- Focus on pre-heatwave planning and L2/L3 actions

Acknowledgements – Extreme events team!

Camilla Ghiassee

Isobel Braithwaite

Ishani Kar-Purkayastha

Katya Brooks

Lauren Armstrong

Mattea Clarke

Nwanne Agada

Owen Landeg

Ross Thompson

Contact us: ExtremeEvents@phe.gov.uk