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
Figure 2.1: Heatwave Alert levels

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<th>Description</th>
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Heat-Health Watch

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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)

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<th>Night</th>
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Heat-Health Watch

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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
- Stay safe when swimming
- Cool your skin with water, slow down and drink water
- Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave
Beat the Heat
Coping with heat & COVID-19

Stay 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

Stay cool, keep well
- Drink plenty of fluids and avoid excess alcohol
- Slow down when it is hot
- Stay connected, listen to the forecast

Cooler, safer places
- Go indoors or outdoors, whichever feels cooler
- Self-isolate at home if advised to do so
- Use cool spaces conscientiously, 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
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Beat the Heat: Coping with heat and COVID-19

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- Drink plenty of fluids and avoid excess alcohol
- Slow down when it is hot
- Stay connected, listen to the forecast

Cooler, safer places
- Go indoors or outdoors, whichever feels cooler
- Self-isolate at home if advised to do so
- Use cool spaces consciously, keep your distance

Watch out
- Be on the lookout for signs of heat-related illness
- Cool your skin with water, stay cool 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

Although most of us will enjoy the summer sun, high temperatures can be harmful to your health. The heat can affect anyone, but some people are at greater risk of heat-related harm. Many of these are at risk of harm from heat as they 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 is 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 health from the heat, how to recognise when you or someone else may be affected, and what to do if you or someone else become unwell as a result of the heat.

Specific resources for heat risk and COVID-19 have been developed and are available here:
Beat the Heat: Coping with heat and COVID-19

Stay 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

Stay cool, keep well

Drink plenty of fluids and avoid excess alcohol
Slow down when it is hot
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Go indoors or outdoors, whichever feels cooler
Self-isolate at home if advised to do so
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Cool your skin with water, stay cool and drink water
Stay safe when swimming
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Why is this important?

- to reduce the transmission of coronavirus (COVID-19) many people 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

Beat the Heat
Keep residents safe and well during COVID-19

Residents at highest risk
Your risk is highest if you have been diagnosed with COVID-19, have co-existing conditions, or are pregnant. You are at high risk of heat stress.

Keep residents cool
- Use a fan or air conditioner to cool the space.
- Keep windows and doors open to allow natural ventilation.
- Provide cool drinks and food.
- Plan activities and tasks for cooler parts of the day.

Keep the building cool
- Close windows and doors to keep out hot air.
- Use coolers to keep food and drinks cool.
- Use temperature controls to maintain a cool indoor environment.

Take action
If you have any concerns about the health of residents, contact your local council or health authority.

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

Are you and your care home prepared for hot weather?

1. Before hot weather conditions
- Identify vulnerable residents or staff who may need additional support.
- Review the heatwave plan and make any necessary adjustments.
- Communicate with residents, families, and staff about the plan.

2. Residents at risk
- Review the heatwave plan and make any necessary adjustments.
- Identify additional support needed for residents.
- Communicate with residents, families, and staff about the plan.

3. Keep your residents cool
- Use a fan or air conditioner to cool the space.
- Keep windows and doors open to allow natural ventilation.
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4. Keep the building cool
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PHE Heatwave plan for England: Summer 2020
Care homes

PHE Heatwave plan for England: Summer 2020
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!

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Nwanne Agada
Owen Landeg
Ross Thompson

Contact us: ExtremeEvents@phe.gov.uk