

Isle of Wight Council

HEATWAVE PLAN 2023

OFFICIAL



FOREWORD

The Isle of Wight Council Heatwave Plan outlines the procedures and structures to be used by the Isle of Wight Council (referred to as 'the Council') in response to a heatwave on the Isle of Wight.

It focuses on the roles and responsibilities of the Council within a coordinated response with other agencies, including the Isle of Wight NHS Trust, the Island Resilience Forum, Hampshire and Isle of Wight Local Resilience Forum, Hampshire and Isle of Wight Integrated Care System, and voluntary sector agencies.

This plan has been developed in recognition of the risks associated with extreme temperatures (Hot) and fulfils the requirement placed on the Isle of Wight Council by national guidance.

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DOCUMENT CONTROL

The plan content will be reviewed every year by the Public Health Team in close consultation with the Emergency Management Team, or more frequently if required, subsequent to one of the following:

- Lessons identified from any incident.
- Lessons identified from any exercise.
- Significant organisational change.
- Changes to the Hampshire and Isle of Wight Local Resilience Forum Community Risk Register.
- Changes in legislation or government guidance.
- Changes that affect the aim or scope of the plan.

Plan version	Changes	Date of amendment	Author
1.0	First version	May 2019	BH
2.0	Plan review and update following refresh of Heatwave Plan for England 2020	May 2020	CB
3.0	Plan review and update following refresh of Heatwave Plan for England 2021	May 2021	CC
4.0	Plan review and update following refresh of Heatwave Plan for England 2022	May 2022	CB/CC
5.0	Plan review and update following publication of the new Adverse Weather and Health Plan	May 2023	CC/NT/CB

SECTION 1: INTRODUCTION

1.1 How was the plan developed?

The Isle of Wight Council's Heatwave Plan sets out the Council's response arrangements to a heatwave as part of its service delivery. This plan has been prepared by the Public Health Team in close consultation with the Emergency Management Team and has been updated based upon the new [United Kingdom Health Security Agency \(UKHSA\) Adverse Weather and Health Plan \(AWHP\)](#).

The AWHP was published on 27th April 2023 and combines both the Heatwave Plan and the Cold Weather Plan for England. The Council's Heatwave Plan has been developed for the summer 2023 period and an overarching Council Adverse Weather and Health Plan will be developed in line with information and guidance drawn from the UKHSA AWHP in time for the cold weather season.

The Council's Heatwave Plan should be considered alongside the Council's [Emergency Response and Recovery Plan](#), which sets out the response and recovery structures that may be enacted. Additionally, the Council's Severe Weather Arrangements Document sets out response and recovery actions and considerations for the wider consequence management of weather impacts.

1.2 Why is this plan needed?

The Isle of Wight is one of the sunniest places in the UK, with an average of over 37 hours of sunshine a week compared to the national average of 29.7 hours. With temperatures in the summer often exceeding 25 degrees centigrade, consideration needs to be given to this issue as heat has been linked to excess summer deaths.

Population exposure to heat is increasing due to climate change and this trend will continue. Globally, extreme temperature events are observed to be increasing in their frequency, duration and magnitude. Exposure to excessive heat has wide ranging physiological impacts for all humans, often amplifying existing conditions, resulting in premature death and disability.

Vulnerable groups that are particularly susceptible to excess heat include older people, the very young and people with illnesses such as respiratory and cardiovascular diseases. Because of this, there is a need to plan for these weather events and identify simple precautions that can be taken and how this will be communicated with the local community. Further information on the effects of heat on health is provided in Appendix 3.

1.3 Aim of the Plan

The aim of this plan is to define the Isle of Wight Council's response arrangements to a heatwave in the local area.

1.4 Objectives of the Plan

The aim will be achieved through the following objectives:

- Define the circumstances when the plan should be activated.
- Define activation and notification arrangements.
- Define the Isle of Wight Council roles and responsibilities.
- Outline resident information and media arrangements.
- Outline recovery arrangements.
- Describe how this plan links together with other emergency plans, such as task specific plans, statutory plans and service areas business continuity arrangements

1.5 Scope of the Plan

This plan applies to a Heat-Health Alert which affects or occurs within the administrative boundaries of the Isle of Wight.

1.6 Security classification

This document has been given the security classification of '**OFFICIAL**' as the author of this document has assessed this as an official document but does not require the higher level of 'OFFICIAL SENSITIVE'.

SECTION 2: HEAT-HEALTH ALERTS

2.1 Types of Heat Alert Systems

The UKHSA AWHP aims to protect individuals and communities from the health effects of adverse weather and to build community resilience. It aims to ‘prepare for, alert people to, and prevent, the major avoidable effects on health during periods of severe heat in England’. This is done by raising public awareness and triggering actions in the NHS, Local Authorities and other community organisations to support vulnerable people who have health, housing, or economic circumstances that increase their vulnerability to heat.

In England there are two early warning systems related to high temperature, including the UKHSA Heat Health Alerts (HHA) and the National Severe Weather Warning Service (NSWWS) Extreme Heat (EH) warnings. Since summer 2021 UKHSA and the Met Office have collaborated to ensure that the HHA and EH warnings are aligned and work together to communicate the expected impacts so that users act to minimise the potential impact. Each system has a slightly different target audience yet work together to help focus the messages being transmitted.

The alert systems operate in England between 1 June and 30 September each year, during which time UKHSA Heat Health Alerts and Met Office Extreme Heat Alerts are issued. The two different alert systems are summarised in Table 1.

It should be noted that the HHA and NSWWS EH system are both separate to the Met Office Heatwave Definition which can be found here: [What is a heatwave? - Met Office.](#)

Heat Alert System	Purpose	Location of operation	Threshold	Action	Audience
UKHSA Heat Health Alert	Indicate potential health-sector impacts and likelihood of those impacts occurring based on the forecast temperatures	England only	Impact-based from 1 st June 2023 ¹ (Green, Yellow, Amber and Red alerts)	Follow NHS/health service action plans	England only health & social care sectors, public etc.
Met Office National Severe Weather Warning Service - Extreme Heat	To increase awareness of the negative impacts of extreme heat on health, infrastructure and other services. Impacts expected to be many and varied, e.g. increased coastal traffic, added strain on health service.	UK wide	Impact-based (Amber and Red alerts) ²	Plan for extreme heat, take steps to stay cool. Civil Contingency advisors support Government / business	UK wide – Government, civil contingency advisors, business, public etc.

Table 1: Summary of the different Heat Alert Systems in place

¹ UKHSA have produced a [User Guide](#) to assist with the move to impact-based alerting.

² A Met Office Amber or Red Extreme Heat warning is issued for the highest level events (indicating Medium or High likelihood of Medium or High impacts) with expected impacts on the general population and disruption to infrastructure.

SECTION 3: NOTIFICATION OF HEAT HEALTH ALERTS, ESCALATING AND STANDING DOWN

3.1 Notification of alerts

The Met Office provides email alerts about the risk of a heatwave, identifying the particular UKHSA Heat-Health alert level. An Extreme Heat Warning may also be received from 1 June 2023.

The following will receive the alerts within the Isle of Wight Council:

- Public Health (PH) assigned team members.
- Isle of Wight Council Emergency Management Team.
- Individual departments who have signed up to receive alerts directly using the following link:
[Weather-Health Alerting system registration form \(office.com\)](#)

3.2 Cascading of alerts

The Emergency Management Duty Officer (EMDO) will cascade all received alerts by email to:

- The Council's senior duty officer;
- Public Health Team – Director of Public Health, Consultant in Public Health with lead for emergency planning, Health Protection Principal, and IOW Public Health Service Manager;
- Nominated team members from each local authority department;
- Voluntary sector community leads

A distribution list (EM - extreme temperatures) has been set up in collaboration with team members from across the Council. The master copy is held by the Emergency Management Team (EMT) and will be updated to reflect service changes within the Council. Figure 1 illustrates the alert cascade process.

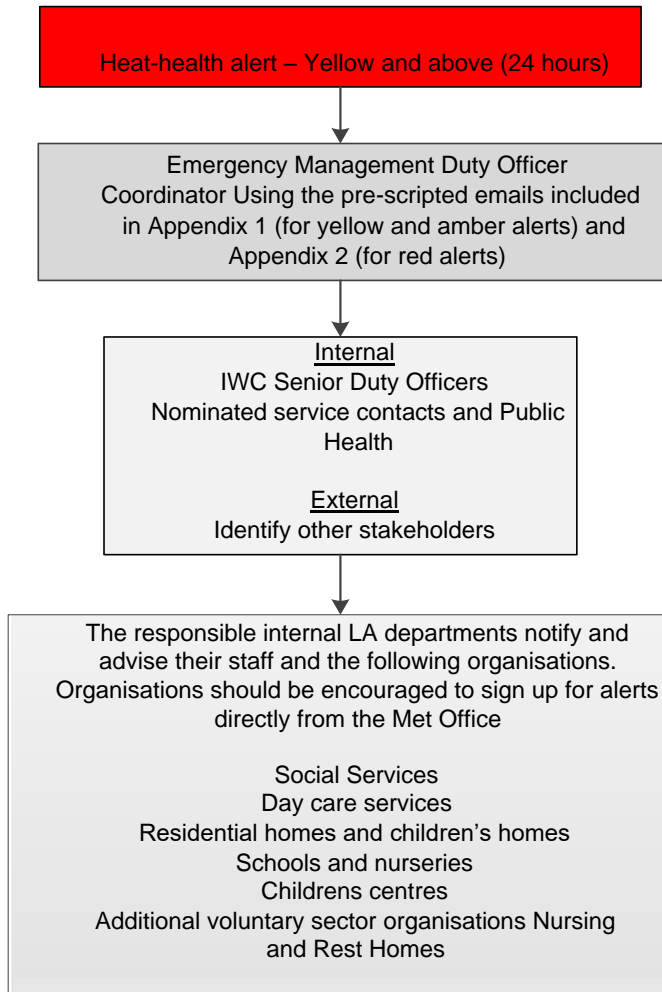


Figure 1: Alert cascade

3.3 Isle of Wight Council Action and Escalation

In order to describe the response required by the Isle of Wight Council, five levels have been identified which correspond to the Heat-Health Alerts (HHA) in the UKHSA AWHP and actions in the [Hot weather and health action cards](#). These response levels are illustrated in Table 2.

UKHSA AWP Heat Health Alert level	Corresponding IWC Response Level	Possible Impacts	Isle of Wight Council Actions
Green (preparedness)	1	<p>Heatwave and summer preparedness programme: 1 June – 30 September. No alert will be issued as the conditions are likely to have minimal impact on health;</p> <p>Long-term planning: all year-round planning to reduce the impact of climate change and ensure maximum adaptation to reduce harm from heatwaves. This emphasises that year-round planning is required to build resilience and reduce the impact of hot weather. This level of alert relates to those longer-term actions that reduce the harm to health of hot weather when it occurs (e.g. housing and energy efficiency measures, and long-term sustainable approaches to influence behaviour change across health and social care professionals, communities and individuals and to mitigate for the effects of climate change).</p>	Business as usual and summer planning and preparedness activities
Yellow (response)	2	These alerts cover a range of situations. Yellow alerts may be issued during periods of heat which would be unlikely to impact most people but could impact those who are particularly vulnerable.	Cascade alert. Raise awareness among Council staff and residents and consider impact on the vulnerable
Amber (enhanced response)	3	An amber alert indicates that weather impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk. Non-health sectors may also start to observe impacts and a more significant coordinated response may be required.	As per level 2, but consider need to enhance public messaging on risks. Consideration should also be given to reviewing safety at public events. Director of Public Health to risk assess impact on the local population and will liaise with EMT to consider standing up the Council's Silver group. At this level a multi-agency teleconference could be initiated by any agency. (see Section 3.3.1)

Red (emergency response)	4	At this level illness and death may occur among the fit and healthy and not just high-risk groups.	As per level 3. The Council would establish its internal command structure and a Senior Officer would represent the Council at multi-agency meetings to ensure the safeguarding of Council interests and to discuss any mutual aid the Council may be able to offer to health or other colleagues.
N/A	5		Stand Down and Recovery activities (see section 3.4)

Table 2: IWC Heatwave Plan levels of response

In addition to the Council actions outlined in Table 2, [Appendix 4](#) provides an overview of the key actions relevant to local authority staff including commissioners of health and social care, and Directors of Public Health. Suggested actions for health and social care staff and community/voluntary sector organisations are included in [Appendices 5 and 6](#) and can be reviewed with the relevant parties and at Island Resilience Forum meetings. There is also additional guidance relating to [emergency planning and response for education, childcare, and children’s social care settings](#) which includes considerations for these settings when responding to HHAs.

3.3.1 Isle of Wight Council Response Arrangements

For Amber and Red HHAs, a risk assessment undertaken by the DPH and/or his deputies will be discussed with the EMT and a decision taken to activate the Council’s internal command and control arrangements as defined in the Council’s [Emergency Response and Recovery Plan \(ERRP\)](#). This plan focuses on the roles and responsibilities of the Council and describes the Council’s response framework which uses a gold, silver and bronze management structure. For hot weather incidents in the local authority area, it is anticipated that command and control structure will operate from a silver group level.

The Silver chair will be provided by Public Health, but in the absence of this the DPH can request an alternative chair by contacting the EMT to identify a nominated Silver Commander. It may be the case that a Silver Group is required to deal with wider consequence management from extreme temperatures alongside the health impacts. In this case, a discussion will take place between the EMT and the Public Health Team to determine who is the most appropriate chair for the meetings. The Silver chair is expected to represent the Council at an Island Tactical Coordinating Group if this is also established. The Silver chair will report into the nominated Gold commander or relevant senior manager if the Gold Group is not activated. If the Gold Group is activated, the Silver chair will report into the Gold Group. The Silver chair will take on the role of the Emergency Control Centre (ECC) manager should the Silver Group sit physically and it is determined that an ECC is required. The agenda for the Silver Group meetings can be found in the Council’s ERRP. The Silver Group chair will be supported by the EMT through the Emergency Management Duty Officer (EMDO) in

the initial stages of the response. Further details on the role of the chair and silver group members can be found in the Council's ERRP.

The structure of the Silver Group will meet the needs of the response in terms of the cells that need to be established and for which a description can be found in the ERRP. When the Silver Group is established a walk-through of arrangements will be undertaken to understand what is needed.

3.3.2 Multi-Agency Response Arrangements

Should these be established, multi-agency structures will be coordinated through the Hampshire and Isle of Wight Local Resilience Forum (HIOW LRF) and the Island Resilience Forum (IRF) as per the ERRP. For the purposes of a hot weather incident, it is unlikely that it will affect the Isle of Wight in isolation to the rest of Hampshire. On this basis, the only response structures likely to be utilised are the HIOW LRF Partners Activation Teleconference (PAT), although if deemed necessary Island based responders can also convene an Island Partners Activation Teleconference (IPAT)) during the initial stages of the response and the Island Tactical Co-ordinating Group (ITCG) which will feed Island based information into the HIOW LRF Strategic Co-ordinating Group (SCG) if this is activated.

3.4 Stand Down

The EMDO will inform staff via the cascade when the Heat-Health alert has come down.

If activated, the decision to stand down the Silver Group response will be taken by the Silver Group Chair in consultation with the Silver Group Members. At this point consideration will be given to whether any formal recovery arrangements need to continue or whether any recovery activities can be dealt with under business as usual arrangements. Any requirement for formal recovery arrangements will be undertaken in line with Section 10 of the Council's [Emergency Response and Recovery Plan](#)

3.5 Debrief and lesson identification

Following a Heat-Health Amber or Red Alert which has impacted significantly on services and departments within the Council, an internal Council debrief should be considered based upon the level of impact experienced to ensure actions were taken by each Department to identify any areas where improvements could be made, or good practice shared with internal or external colleagues. This will be facilitated by the Public Health / Emergency Management Team (EMT). This should be completed within 6 weeks following the incident in line with the Council's [Emergency Response and Recovery Plan](#).

Multi-agency debriefs will be carried out in accordance with the HIOW LRF Debrief Guide, and a nominated Council Officer(s) would be required to attend the debrief, to share good practice, to learn from others and to identify area for improvement to the multi-agency response.

3.6 Record keeping

It is important for all staff to keep accurate and comprehensive records of response efforts during any incident.

The Council's [Emergency Response and Recovery Plan](#) and the Council's Corporate document retention policy should be referenced for more information on how to ensure record keeping is done well and that the information kept is useful for the Council's debrief activities.

SECTION 4: LINKS TO ADVICE

4.1 UK Health Security Agency (UKHSA) Adverse Weather and Health Plan (AWHP)

It is vitally important that the [UKHSA Adverse Weather and Health Plan](#) is referred to for detailed guidance and actions to take in response to hot weather. There are also a number of guidance sheets on preventing harm including guidance on coping with heat available for use by the public and a number of services and organisations.

4.2 Advice for the public

The following links provide documents which contain self-help advice and advice for those looking after others during hot weather:

[Beat the heat: staying safe in hot weather - GOV.UK \(www.gov.uk\)](#)

[Beat the heat: keep cool at home checklist - GOV.UK \(www.gov.uk\)](#)

[Beat the heat poster](#)

The NHS website provides additional general summer advice including advice on heatstroke and other heat-related conditions:

[Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](#)

[Sunscreen and sun safety - NHS \(www.nhs.uk\)](#)

Patients and the public can phone NHS 111 or their GP if they are concerned about their health or others.

4.3 Advice for local authority services

Detailed information can be found by clicking on the following links:

Advice for health and social care professionals:

[Supporting vulnerable people before and during hot weather: healthcare professionals - GOV.UK \(www.gov.uk\)](#)

Advice for care home managers and staff:

[Supporting vulnerable people before and during hot weather: social care managers, staff, and carers - GOV.UK \(www.gov.uk\)](#)

Advice for looking after school children and those in an early year's settings:

[Looking after children and those in early years settings during heatwaves: for teachers and professionals - GOV.UK \(www.gov.uk\)](#)

Advice for heatwaves and mass gatherings/large public events:

[Hot weather and health: events and mass gatherings - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/hot-weather-and-health-events-and-mass-gatherings)

SECTION 5: APPENDICES

Appendix 1 – Email template for a Yellow or Amber Heat-Health Alerts (HHA)

Note: EMDO to amend highlighted sections as relevant and include information provided in Met Office alert.

For the attention of the Council senior duty officers, Public Health Team, and previously nominated service contacts from local authority services.

Please find attached the latest details from the Met Office advising of a [insert level] Heat Health Alert (HHA).

Yellow alerts are issued during periods of heat which would be unlikely to impact most people but could impact those who are particularly vulnerable.

An **amber alert** indicates that weather impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk.

The [insert level] HHA is in effect between [insert start date and time] and [insert end date and time] in the South East of England. *Add in any relevant general comments here*

Please can you ensure that your relevant staff are made aware of this message and their responsibilities as set out in the:

IWC Heatwave Plan – copy uploaded [here](#)

- Appendix 4: Suggested actions for commissioners
- Appendix 5: Suggested actions for health and social care
- Appendix 6: suggested actions for community, voluntary sector, and individuals

These are complimented by the National Adverse Weather and Health Plan action cards which are publicly available:

- [Heat-Health Alert action card for commissioners - GOV.UK \(www.gov.uk\)](#)
- [Heat-Health Alert action card for providers - GOV.UK \(www.gov.uk\)](#)
- [Heat-Health Alert action card for the voluntary and community sector - GOV.UK \(www.gov.uk\)](#)

Additional Action to Cascade Alert:

- **Health and Social Care commissioners**, please can you ensure that this is distributed to providers and that you provide them with a designated point of contact should they require any advice or support.
- **IWC Licensing**, please can you pass on details of the HHA to the event organisers of any large events taking place within the warning period. [Events and mass gatherings guidance](#)
- **IWC Comms**, please can you liaise with NHS Communications and **Public Health** to put a joint release out (suggested messages are contained in Appendix 3 of the IWC Heatwave plan and within the [Adverse Weather and Health Plan](#)) through the usual channels.
- **Premises Development**, please can you distribute this message to schools for them to consider any actions that they may wish to take considering the forecast unless alert falls within school holidays.

Emergency Management will be liaising with key Council service areas and multi-agency partners to ensure a coordinated approach should the situation escalate.

We will continue to monitor the situation and issue updates as necessary.

Kind regards

Emergency Management Duty Officer

Appendix 2 – Email for Red Warnings

Note: EMDO to amend highlighted sections and include information provided in Met Office alert.

For the attention of the Council senior duty officers, Public Health Team, and previously nominated service contacts from local authority services.

Please find attached the latest details from the Met Office advising of a Red Heat Health Alert (Emergency). Severe impacts are expected across the health and social care sector due to the high temperatures. A red alert indicates significant risk to life for even the healthy population.

The Red Heat Health Alert (HHA) is in effect between **[insert start date and time]** and **[insert end date and time]** in the South East of England. **Add in any relevant general comments here**

Please can you ensure that your relevant staff are made aware of this message and their responsibilities as set out in the:

IWC Heatwave Plan – copy uploaded [here](#)

- Appendix 4: Suggested actions for commissioners
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- [Heat-Health Alert action card for providers - GOV.UK \(www.gov.uk\)](#)
- [Heat-Health Alert action card for the voluntary and community sector - GOV.UK \(www.gov.uk\)](#)

Additional Action to Cascade Alert:

- **Health and Social Care commissioners**, please can you ensure that this is distributed to providers and that you provide them with a designated point of contact should they require any advice or support.

- **IWC Licensing**, please can you pass on details of the HHA to the event organisers of any large events taking place within the warning period. [Events and mass gatherings guidance](#)

- **IWC Comms**, please can you liaise with NHS Communications and **Public Health** to put a joint release out (suggested messages are contained in Appendix 3 of the IWC Heatwave Plan and within the [Adverse Weather and Health Plan](#)) through the usual channels.

- **Premises Development**, please can you distribute this message to schools for them to consider any actions that they may wish to take considering the forecast unless alert falls within school holidays. Can you liaise with the schools and **IWC Comms** to ensure that details of any schools which decide to close during this period can be communicated to the public.

Emergency Management will continue to liaise with key Council service areas and multi-agency partners to ensure a coordinated approach in responding to impacts resulting from heatwave conditions.

We will continue to monitor the situation and issue updates as necessary.

Kind regards

Emergency Management Duty Officer

Appendix 3 – Public Health Effects and Draft Press Release

A3.1 The effects of heat on health

Many of the deaths due to excessive heat exposure are preventable if a few very simple precautions are taken to reduce the impact of heat on health.

Who does it affect?

Hospitalisations can occur extremely quickly. Death and illness are often seen in the first days of a heatwave. Those already frail or with long term conditions are particularly vulnerable as even small changes in seasonal temperatures can have serious effects. Medications can also affect temperature regulation and the body's ability to sweat.

Those most at risk of death or hospitalisation are people with

- Respiratory disease – exacerbation of symptoms due to air pollution, pollen levels
- Cardiovascular disease – strain on the heart due to vasodilation to cool the blood through the skin

Those most at risk from the [adverse effects of extreme heat](#) also impacts those vulnerable to physiological stress and exacerbated illness. These include

- older people aged 65 years and over (note change from previous guidance of 75 years of age and above)
- babies and young children aged 5 years and under
- people with underlying health conditions particularly heart problems, breathing problems, dementia, diabetes, kidney disease, Parkinson's disease, or mobility problems
- people on certain medications
- people with serious mental health problems
- people who are already ill and dehydrated (for example from diarrhoea and vomiting)
- people who experience alcohol or drug dependence
- people who are physically active and spend a lot of time outside such as runners, cyclists and walkers
- people who work in jobs that require manual labour or extensive time outside
- people experiencing homelessness, including rough sleepers and those who are unable to make adaptations to their living accommodation such as sofa surfers or living in hostels.
- people who live alone and may be unable to care for themselves

How does it affect health?

Direct effects

A rise in human body temperature can be caused by a combination of external heat from the environment and from internal metabolic processes. Rapid rises in in body temperature compromises the body's ability to regulate temperature and result in a number of illnesses.

- Heat cramps – caused by dehydration and loss of electrolytes, often following exercise
- Heat exhaustion – loss of water and or sodium, symptoms include vomiting and collapse
- Heat oedema – retention of fluid in the ankles
- Heat syncope – dizziness and fainting due to dehydration
- [Heat stroke](#) – this is a medical emergency, the body's thermoregulation fails, leading to confusion, convulsions and unconsciousness. All can lead to cell death, organ failure

and death. **If you think someone has heatstroke you should dial 999 and then try to cool them down.**

Indirect effects

There is a risk of an impact on health services, due to increased ambulance call-outs, hospital admissions and the storage of medicines. Heatwaves increase temperatures in wards affecting patient recovery and staff performance.

Increased risk of accidents is a concern and can include drownings, exposure and injuries due to poor working conditions and poisonings. Drought conditions combined with the temptation to cool off in rivers, reservoirs and lakes can increase the risk of injury and death. Diving into water can cause serious spinal injury due to the water being too shallow and unknown hazards just beneath the surface. Also open water can be much colder than it looks which can lead to [cold water shock](#).

Further [Safe swimming advice](#) is contained in the AWHP.

Warmer temperatures increase the risk of water and food borne diseases. Algal blooms growing on open water sources can release toxins harmful to humans and animals.

Health Monitoring and Surveillance

During the Heat-Health Watch (1 June – 15 September) UKHSA monitors syndromic surveillance systems to allow early alerting and near real-time reporting on health conditions and mortality surveillance to provide timely data on deaths during heatwaves. UKHSA produces three key mortality reports for the Department of Health and data are also published in an [on-line tool](#) which allows Local Authorities to compare themselves with others in the region and the England average. This tool assists Local Authorities in benchmarking how well the public's health is being improved and protected against the outcomes and indicators in the Public Health Outcomes Framework. A number of outcome indicators can be linked to long-term planning for severe heat and heatwaves.

A3.2 Draft Press Releases – Core Public Health Messages

What do we need to do?

Section 2 of this plan sets out the levels of response that range through long term planning, preparedness, alert and readiness to action from the AWHP.

Section 3 in this plan gives the levels of response from the Isle of Wight Council.

Core public health messages need to be cascaded to all local authority services. These messages to be broadcast as official UKHSA warnings alongside national and regional weather forecasts.

Example messages

Green – Summer preparedness and long-term planning

No alert will be issued as the conditions are likely to have minimal impact on health; business as usual and summer/winter planning and preparedness activities

Yellow - Alert and readiness

The Met Office, in conjunction with UKHSA, is issuing the following heat-health advice for **[insert regions identified]**: “Stay out of the sun. 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. Keep drinking fluids. If there’s anybody you know, for example an older person living on their own who might be at special risk, make sure they know what to do.”

“If this does turn out to be a heatwave, we will try to give you as much warning as possible. But in the meantime, if you are worried about what to do either for yourself or somebody you know who you think might be at risk, for advice go to the NHS website at

[Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Alternatively ring NHS 111

Further information can be found here:

[Beat the heat: keep cool at home checklist - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

[Beat the Heat \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

Amber and Red - Heatwave action/ emergency – Draft Press Release

The Met Office, in conjunction with UKHSA, is issuing the following heat-health warning for **[insert regions identified]**:

Councillor **X**, Cabinet Member for Public Health said: **[insert quote.]**

Example quote

“It’s getting hotter again this week with temperatures predicted to reach the mid-thirties over several days in some parts of the county. These periods of extremely high heat that we are experiencing this summer could be particularly challenging for the more vulnerable people in our communities. It is important we look after ourselves as well as loved ones and anyone who might be at risk, such as the elderly, those with underlying health conditions or the very young.”

The advice for residents is to follow the guidance for staying safe and well in hot weather.

Stay out of the heat

- Keep out of the sun between 11.00am and 3.00pm - if you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf
- Avoid extreme physical exertion
- Wear light, loose-fitting cotton clothes

Cool yourself down

- Have plenty of cold drinks, avoid alcohol, caffeine and hot drinks, and eat cold foods, particularly salads and fruit with a high water content
- Take a cool shower, bath or body wash, or sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck

Keep your environment cool

- Keep your living space cool - place a thermometer in your main living room and bedroom to keep a check on the temperature
- Keep windows that are exposed to the sun closed during the day and open windows at night when the temperature has dropped - close curtains that receive morning or afternoon sun
- Turn off non-essential lights and electrical equipment - they generate heat

What to do if you or someone you know is unwell

Dehydration, heat exhaustion and heatstroke can affect anyone during a heatwave, even people who are usually fit and well. Babies and young children, older people, and people with underlying health conditions are particularly vulnerable to the effects of hot weather.

Those who work outdoors should try to stay out of the sun and take measures to protect skin against sun exposure, keep cool and stay hydrated.

For more information on heat-related illnesses and what to do should you or someone you know feel unwell visit [NHS](#). Call NHS 111 or a GP if you or someone you know is unwell. Call 999 in an emergency.

Travel advice

Follow the AA's advice when planning to travel to avoid congestion and for tips for keeping everyone cool in hot cars, including dogs, as well as spotting poorly passengers.

If you are attending a festival or other event, take extra precautions to stay well in hot weather.

Additional Core Public Health Messages

The above press release has been drafted based on core public health messages from the [UKHSA Adverse Weather and Health Plan](#) and can be used to supplement the press release as appropriate.

Stay out of the heat:

- Keep out of the sun at the hottest time of the day, between 11.00am and 3.00pm.
- If you have to go out in the heat, walk in the shade, apply [sunscreen](#) and wear a hat and light scarf.
- Avoid extreme physical exertion. If you are going to do a physical activity (exercise or walking the dog) plan to do these in the morning or evening when it is cooler.
- Wear light, loose-fitting cotton clothes.

Cool yourself down:

- Have plenty of [fluids](#), and avoid excess alcohol, caffeine and hot drinks.
- Eat cold foods, particularly salads and fruit with a high-water content.
- Take a cool shower, bath or body wash.
- Sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck.

Keep your environment cool:

- Keeping your living space cool is especially important for infants, the elderly or those with chronic health conditions or who can't look after themselves.
- Place a thermometer in your main living room and bedroom to keep a check on the temperature.
- Keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped.
- Close curtains that receive morning or afternoon sun. However, care should be taken with metal blinds and dark curtains, as these can absorb heat – consider replacing or putting reflective material in-between them and the window space.
- Turn off non-essential lights and electrical equipment – they generate heat.
- Keep indoor plants and bowls of water in the house as evaporation helps cool the air.
- If possible, move into a cooler room, especially for sleeping.
- Electric fans may provide some relief, if temperatures are below 35°C.¹

Look out for others:

- keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool
- ensure that babies, children or elderly people are not left alone in [stationary cars](#)

¹ NOTE: Use of Fans: At temperatures above 35 degrees Celsius fans may not prevent heat related illness. Additionally, fans can cause excess dehydration (Cochrane Review). The advice is to place the fan at a certain distance from people, not aiming it directly on the body and to have regular drinks. This is especially important in the case of sick people confined to bed.

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- check on elderly or sick neighbours, family or friends every day during a heatwave
- be alert and call a doctor or social services if someone is unwell or further help is needed

If you have a health problem:

- keep medicines below 25 °C or in the refrigerator (read the storage instructions on the packaging)
- seek medical advice if you are suffering from a chronic medical condition or taking multiple medications
- be aware of medications that might affect your ability to regulate body temperature

If you or others feel unwell:

- know the symptoms of [heat exhaustion and heatstroke](#)
- **If you think someone has heatstroke you should dial 999 and then try to cool them down**
- try to get help if you feel dizzy, weak, anxious or have intense thirst and headache, move to a cool place as soon as possible and measure your body temperature
- drink some water or fruit juice to rehydrate
- rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms or abdomen, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes.
- medical attention is needed if heat cramps last more than one hour
- consult your doctor if you feel unusual symptoms or if symptoms persist

Further information can be found here:

[Beat the heat: staying safe in hot weather - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/campaigns/beat-the-heat)

[Beat the heat: keep cool at home checklist - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/campaigns/beat-the-heat)

[Beat the Heat \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/campaigns/beat-the-heat)

Appendix 4 - Suggested actions for commissioners of health and social care (all settings) and local authority Directors of Public Health.

This Appendix should be read in conjunction with the AWHP [Heat-Health Alert action card for commissioners - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Council Response Level	Descriptor	Actions
1	<p><u>Preparedness</u> Actions to consider all year round to support summer preparedness and during the heat-health watch period, 1 June to 15 September.</p>	<p>Working with other departments within the Isle of Wight Council, partner agencies at meetings such as the Island Resilience Forum, incorporating agreements into joint strategic plans to prepare for and mitigate the impact of heatwaves, including the following:</p> <ul style="list-style-type: none"> • How to identify and improve the resilience of those individuals and communities most at risk¹. • Identify and review advice/information that will be useful to share. • Ensuring that a local, joined-up programme is in place covering: <ul style="list-style-type: none"> ○ Housing, loft and wall insulation and other plans to reduce internal energy use and heat production. ○ Environmental action (e.g. increase trees and green spaces; external shading; reflective paint; water features). ○ Other infrastructure changes (e.g. porous pavements). ○ Engaging the community and voluntary sector to support the development of local emergency plans. • Making progress on relevant Public Health outcome framework indicators • Work with partner agencies, providers and businesses to coordinate heatwave plans ensuring vulnerable marginalised groups are appropriately supported. • Work with partners and staff on risk reduction awareness (e.g. key public health messages – Appendix 3) by using a variety of methods to maximise dissemination. • Ensuring the Isle of Wight NHS Trust and care homes are aware of the UKHSA AWHP, literature and guidance available to them and are engaged in preparing for heatwaves. • Continue to engage the community and voluntary sector to support communities to help those most at risk.

¹ High-risk groups:

Community: over 75, female, living on own and isolated, severe physical or mental illness; urban areas, south-facing top flat; alcohol and/or drug dependency, homeless, babies and young children, multiple medications and over-exertion

Care home or hospital: over 75, female, frail, severe physical or mental illness; multiple medications; babies and young children (hospitals).

		<ul style="list-style-type: none"> • Ensure other institutional establishments such as Her Majesty’s Prison Isle of Wight and local schools are aware of the AWHP, and that there is awareness of the guidance on Emergency planning and response for education, childcare, and children’s social care settings - GOV.UK (www.gov.uk). • Ensure organisers of large events such as festivals, shows and sporting events take account of possible heat risks.
2*	<p><u>Response</u> These alerts cover a range of situations. Yellow alerts may be issued during periods of heat which would be unlikely to impact most people but could impact those who are particularly vulnerable.</p>	<ul style="list-style-type: none"> • Emergency Management to communicate Yellow HHA e-mail alert (Appendix 1) to all nominated service contacts and make sure that they are aware of the AWHP and Council plan. • Communicate public media messages – especially to vulnerable groups (see Appendix 3). • Implement business continuity plans where required. • Increase advice to health and social care workers working in the community, care homes and local hospital.
3**	<p><u>Enhanced Response</u> An amber alert indicates that weather impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk. Non-health sectors may also start to observe impacts and amore significant coordinated response may be required.</p>	<ul style="list-style-type: none"> • Emergency Management to communicate Amber HHA e-mail alert (Appendix 1) to all nominated service contacts and make sure that they are aware of the AWHP and Council plan. • Media alerts about keeping cool (See Appendix 3). • Review safety of public events. • Mobilise community and voluntary support. • Support organisations to reduce unnecessary travel • Ensure that commissioned services are checking vulnerable clients identified as high risk and taking remedial actions as shown in appendix 6 and 7 • Consider the need to set up Silver Command • Participation by EMT and PH in LRF Structures if set up and consideration of setting up IRF Structure if considered appropriate i.e. likely to move to a Red HHA.
4***	<p><u>Emergency Response</u> A red alert indicates significant risk to life for even the healthy population</p>	<p>National emergency Central government will declare a Red HHA alert in the event of a severe or prolonged heatwave affecting sectors other than health and if requiring a coordinated multi-agency response.</p> <ul style="list-style-type: none"> • Continue actions as per amber level unless advised to the contrary. • Set up Silver Command • Participation by EMT and PH in LRF Structures and IRF, where these are set up
5	Stand down and recovery	<ul style="list-style-type: none"> • Emergency Management will inform staff via the cascade when the HHA period has ended • A move to business as usual activities by service areas.

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|--|--|---|
| | | <ul style="list-style-type: none">• IWC EMT and PH to consider convening debrief meeting and capturing lessons learnt |
|--|--|---|

*Because Level 2 is based on a prediction, there may be jumps between levels.

** Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions.

*** Level 4: A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, coordinated by the Civil Contingencies Secretariat

Appendix 5 – Suggested actions for health and social care providers and staff in all settings (community, hospitals and care homes)

This Appendix should be read in conjunction with the AWHP [Heat-Health Alert action card for providers - GOV.UK \(www.gov.uk\)](#)

Council Response Level	Descriptor	Actions
1	<p><u>Preparedness</u> Actions to consider all year round to support summer preparedness and during the heat-health watch period 1 June to 15 September.</p>	<p>Professional staff (all settings):</p> <ul style="list-style-type: none"> • Develop systems to identify and improve resilience of high-risk individuals¹ and raise awareness of heat illnesses and their prevention among clients and carers (see key public health messages in Appendix 3) • Include risk in care records and consider whether changes might be necessary to care homes in the event of a heatwave (e.g. initiating daily visits by formal or informal care givers of those living alone). • Request a housing health and safety rating assessment (HHSRS) from Environmental Health for clients at particular risk. • Encourage cycling/walking where possible to reduce heat levels and poor air quality in urban areas. <p>Care homes and hospitals:</p> <ul style="list-style-type: none"> • Work with commissioners to develop longer term plans to prepare for heatwaves. • Make environmental improvements to produce a safe environment for clients in the event of a heatwave. • Ensure business continuity plans are in place to cover the event of a heatwave (e.g. storage of medicines, computer resilience etc) and implement as required; ensure appropriate contract details are provided to local authority/National Health Service emergency planning officers to facilitate transfer of emergency information. • Work with partners and staff to raise awareness of the impacts of severe heat and on risk reduction awareness (see key public health messages in Appendix 3)

¹ High-risk groups:

Community: over 75, female, living on own and isolated, severe physical or mental illness; urban areas, south-facing top flat; alcohol and/or drug dependency, homeless, babies and young children, multiple medications and over-exertion

Care home or hospital: over 75, female, frail, severe physical or mental illness; multiple medications; babies and young children (hospitals).

		<ul style="list-style-type: none"> Identify or create cool rooms/areas (able to be maintained below 26 degrees) Install thermometers where vulnerable individuals spend substantial time
2*	<p><u>Response</u> These alerts cover a range of situations. Yellow alerts may be issued during periods of heat which would be unlikely to impact most people but could impact those who are particularly vulnerable.</p>	<p>Professional staff (all settings):</p> <ul style="list-style-type: none"> Check high-risk people have visitor/phone call arrangements in place. Reconfirm key public health messages to clients. Check client's room temperature if visiting. <p>Care homes and hospitals:</p> <ul style="list-style-type: none"> Check indoor temperatures are recorded regularly during the hottest periods for all areas where patients reside. Ensure cool areas are below 26°C . Review and prioritise high-risk people. Ensure efficient cold water and ice supplies Consider weighing clients regularly to identify dehydration and rescheduling physiotherapy to cooler hours. Communicate alerts to staff and make sure that they are aware of heatwave plans. Ensure sufficient staffing. Implement business continuity plans.
3**	<p><u>Enhanced Response</u> An amber alert indicates that weather impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk. Non-health sectors may also start to observe impacts and amore significant</p>	<p>Professional staff (all settings):</p> <ul style="list-style-type: none"> Visit/phone high-risk people. Reconfirm key public health messages to clients. Advise carers to contact GP if there are concerns regarding health. <p>Care homes and hospitals:</p> <ul style="list-style-type: none"> Activate plans to maintain business continuity – including a possible surge in demand. Check indoor temperatures are recorded regularly during the hottest periods for all areas where patients reside. Ensure staff can help and advise clients including access to cool rooms, close monitoring of vulnerable individuals, reducing shading, turning off

	coordinated response may be required.	unnecessary lights/equipment. Cooling building at night, ensuring discharge planning takes home temperatures and support into account
4***	<u>Emergency Response</u>	National emergency <ul style="list-style-type: none"> Continue actions as per Amber level unless advised to the contrary.

*Because Level 2 is based on a prediction, there may be jumps between levels.

** Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions.

*** Level 4: A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, coordinated by the Civil Contingencies Secretariat

Appendix 6 - Suggested actions for community and voluntary sector and individuals

This Appendix should be read in conjunction with the AWHP [Heat-Health Alert action card for the voluntary and community sector - GOV.UK \(www.gov.uk\)](#)

Council Response Level	Descriptor	Actions
1	<p><u>Preparedness</u> Actions to consider all year round to support summer preparedness and during the heat-health watch period, 1 June to 15 September.</p>	<p>Community groups:</p> <ul style="list-style-type: none"> • Develop a community emergency plan to identify and support vulnerable neighbours in the event of a heatwave. • Assess the impact a heatwave might have on the provision and use of usual community venues. • Support those at-risk¹ to make sure they are receiving the benefits they are entitled to. • Support the provision of good information about health risks especially with those vulnerable groups and individuals (see Key Public Health Messages in Appendix 3). <p>Individuals:</p> <ul style="list-style-type: none"> • Make environmental improvements inside and outside the house which reduce internal energy and heat. • Install loft and wall insulation. • Identify cool areas in the house to use in the event of a heatwave. • If on medication, ensure that these can be stored at safe levels in a heatwave. • Find good information about health risks and key public health messages to stay healthy during spells of severe heat. • Look out for vulnerable neighbours.
2*	<p><u>Response</u> These alerts cover a range of situations. Yellow alerts may be issued during periods of heat which would be unlikely to impact most people but could impact those who are</p>	<p>Community groups:</p> <ul style="list-style-type: none"> • Keep an eye on people you know to be at risk¹. <p>Support the provision of good information about health risks especially with those vulnerable groups and individuals (see Key Public Health Messages in Appendix 3).</p> <ul style="list-style-type: none"> • Monitor weather forecasts and keep stocked up with food and medication. • Check ambient room temperatures.

¹ High-risk groups:

Community: over 75, female, living on own and isolated, severe physical or mental illness; urban areas, south-facing top flat; alcohol and/or drug dependency, homeless, babies and young children, multiple medications and over-exertion

Care home or hospital: over 75, female, frail, severe physical or mental illness; multiple medications; babies and young children (hospitals).

	particularly vulnerable.	<p>Individuals:</p> <ul style="list-style-type: none"> • Monitor weather forecasts. • Check ambient room temperatures – especially those rooms where disabled or high-risk individuals spend most of their time. • Keep an eye on people you know to be at risk – ensure they have access to plenty of cool liquids. • Look out for vulnerable neighbours.
3**	<p><u>Enhanced Response</u> An amber alert indicates that weather impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk. Non-health sectors may also start to observe impacts and amore significant coordinated response may be required.</p>	<p>Community groups:</p> <ul style="list-style-type: none"> • Activate community emergency plan. • Check those you know are at risk. <p>Individuals:</p> <ul style="list-style-type: none"> • Follow key public health messages. • Check those you know are at risk.
4***	<p><u>Emergency response</u> A red alert indicates significant risk to life for even the healthy population</p>	<p>National emergency</p> <ul style="list-style-type: none"> • Continue actions as per Amber unless advised to the contrary.

*Because Level 2 is based on a prediction, there may be jumps between levels.

** Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions.

** Level 4: A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, coordinated by the Civil Contingencies Secretariat