The health impacts of hot weather and the Heatwave Plan for England

Training for the health and social care system and the voluntary sector
Outline of this presentation

• Health impacts of hot weather
• Heatwaves and hot weather
• Heat risk and climate change
• Overheating in buildings
• The Heatwave Plan for England
• Heat-health Watch alerting system
• Key messages
• Resources
Key messages

High temperatures have significant health consequences and are associated with increased mortality and increased morbidity.

Certain groups are more vulnerable to the health consequences of high temperatures but everybody can be affected.

The harm to health associated with high temperatures is not inevitable. There are things we can do all year round and in the emergency response context to minimise the impact on human health.

Everybody has a role. The impact of high temperatures requires a cross sectoral response (eg the Heatwave Plan for England).

High temperatures and overheating are not just problems for the future, but are problems now. A changing climate is set to increase the future risk.
Health impacts of hot weather
**Heat related illnesses**

*Heat syncope*—dizziness and fainting, due to dehydration, vasodilation, cardiovascular disease and certain medications

Excessive sweating can deplete fluid and salts

When blood temperature rises, the body stimulates sweat glands, dilates blood vessels and increases the heart rate

*Heat cramps*—caused by dehydration and loss of electrolytes, often following exercise

Increased blood flow to the skin cools the body by radiating heat, leading to heat rash (small, red itchy papules)

*Heat oedema*—mainly in the ankles, due to vasodilation and retention of fluid

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**Health effects of heat**

The main causes of illness and death during a heatwave are respiratory and cardiovascular diseases. Additionally, there are specific heat-related illnesses including:

**Heat Exhaustion**
- Nausea or irritability
- Dizziness
- Muscle Cramps or weakness
- Feeling faint
- Headache
- Fatigue
- Heavy sweating
- High body temperature

**Heatstroke**
- Hot, dry skin or profuse sweating
- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature
Health impacts of hot weather

- a range of mild to severe health impacts can result from exposure to high temperatures. Especially when temperatures remain high for prolonged periods

- the main causes of illness and death during a heatwave are respiratory and cardiovascular

- there are specific heat-related health effects and illnesses including: Heat cramps, heat rash, heat oedema, heat syncope, heat exhaustion, heatstroke
Health impacts of hot weather

The impacts of hot weather on health include:

• the health impacts of hot weather increase as temperatures increase

• increased numbers of admissions to hospital and consultations with GPs, and additional demands placed on the emergency services

• fatalities, particularly among the vulnerable and elderly

• it is estimated that there are 75 extra deaths per week for each degree of increase in temperature
Health impacts of hot weather

Cumulative exposure–response association between temperature and mortality for London

Gasparrini et al., 2015
At-risk groups

EVERYBODY can be affected by high temperatures, but there are certain factors that increase an individual’s risk during a heatwave. These include:

• **older age**: especially those over 75 years old, or those living on their own and who are socially isolated, or those living in a care home
• **chronic and severe illness**: including heart or lung conditions, diabetes, renal insufficiency, Parkinson’s disease or severe mental illness
• **inability to adapt behaviour to keep cool**: babies and the very young, having a disability, being bed bound, consuming too much alcohol, having Alzheimer’s disease
• **environmental factors and overexposure**: living in a top floor flat, being homeless, activities or jobs that are in hot places or outdoors and include high levels of physical exertion
Potential wider hazards of hot weather

- air pollution, ground level ozone and low atmospheric ozone
- ultraviolet radiation
- wildfires
- thunderstorms (and asthma)
- algal blooms – inland and marine
- food poisoning

Behavioural

- swimming in open water – drowning
- drought and public water scarcity
Health impacts of the 2003 heatwave

~70,000 deaths in Europe
15,000 deaths in France

Particularly significant in Paris:

- temperature extremes: high minimum temperature
- limited meteorological forecast and alerting
- institutional failures: hospital and care home staff on holiday
- limited surveillance and scientific monitoring
- critical communication issues: between organisations, media and public
- limited sense of emergency: no public health measures

Lagadec (2004)
Daily mortality in London, August 2003

Daily mortality, London, 75 years and over

Johnson et al. (2005)
July 2013 hot weather
Daily Mortality (June to September 2013)

Daily number of deaths in <65yr olds (a) and 65+yr olds (b) compared to expected number (blue line) and upper 3SD significance limit (red line) with daily maximum Central England Temperature (°C, green line), England, 2013. Grey shading: heatwave defined as Met office alert or mean CET >20degC (Green et. al. 2016).
GP heat/sun stroke consultations, July 2013

GP in hours daily heat illness consultations (7-day moving average) by age group during the 2013 Heat-Health Watch period (1 June – 15 September 2013). Heat alert periods (heat health alert levels 2/3) for 2013 are indicated by hashed grey bars; weekends are indicated by solid grey bars. GP, general practitioner (Smith et. al. 2016).
Heatwaves and hot weather
Heatwaves and hot weather

The term heatwave can be used to describe an extended period of hot weather relative to the expected conditions of the area at that time of year.

There is no formal definition of a heatwave in the UK, but the Met Office expect to arrive at one in Summer 2018.

Many people enjoy hot weather but there can be serious health consequences from too much heat and vulnerable groups are particularly at-risk in prolonged hot spells.

Hot weather, especially when prolonged, with warm nights, can have effects on people's health and on national infrastructure. To aid preparation and awareness before and during a prolonged hot spell, the heatwave plan has been created by Public Health England in association with other partners. It recommends a series of steps to reduce the risks to health from prolonged exposure to severe heat.
### National Risk Register 2017

<table>
<thead>
<tr>
<th>Impact Sev</th>
<th>Likelihood of occurring in the next five years</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><img src="image" alt="Impact 1" /></td>
</tr>
<tr>
<td>2</td>
<td><img src="image" alt="Impact 2" /></td>
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<tr>
<td>3</td>
<td><img src="image" alt="Impact 3" /></td>
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<td>4</td>
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<tr>
<td>5</td>
<td><img src="image" alt="Impact 5" /></td>
</tr>
</tbody>
</table>

The health impacts of hot weather and the Heatwave Plan for England
Heat risk and climate change
Future heat risk

• an increase in the frequency and intensity of hot weather is one of the most likely impacts of climate change
• the UK Government is required under the 2008 Climate Change Act to publish a UK-wide Climate Change Risk Assessment every five years
• the 2017 Climate Change Risk Assessment identifies risks to health, wellbeing and productivity from high temperatures as a priority where more action is needed
Future heat-related mortality

A: Heat deaths

Hajat et. al. 2014
Future heat-related mortality

A: Heat deaths /100K

- 2000s
- 2020s
- 2050s
- 2080s

Hajat et. al. 2014
Overheating in buildings
Overheating risk – an overview

• higher temperatures will increase the risk of overheating in houses, schools, hospitals, care homes, prisons, and other types of buildings, leading to adverse impacts on health

• there is evidence that people lack a basic understanding of the risks to health from indoor high temperatures, and are therefore less likely to take measures to safeguard their and their dependents’ wellbeing

• due to methodological challenges, there is currently no simple solution to quantify the risk and health impact of overheating in buildings

• risks to health, wellbeing and productivity from high temperatures has been identified as an area where more action is needed
Overheating in hospitals

- Patients in hospital may be more vulnerable and less able to adapt:
  - Older age groups, unwell
  - Disordered thermoperception
  - Immobile, difficulty adjusting bedding, windows, accessing fluids

- Unpublished data indicate that around 90% of UK hospital wards are of a type prone to overheating, and the ability to control temperatures is often limited.

- Environmental factors affect staff satisfaction and patient health.

- Influenced by attempts to improve energy efficiency in hospitals.

- Building designers can estimate internal temperatures at which occupants are likely to feel comfortable.
Overheating in hospitals

Category I (spaces occupied by very sensitive and fragile persons)

Category II (new buildings and renovations)

Category III (existing buildings)
Overheating in hospitals

Existing standards/recommendations:

• temperatures from 18°C to 28°C in general wards, and 18°C to 25°C for more sensitive areas, such as birthing and recovery rooms

• calculations are also needed to ensure that internal temperatures do not exceed 28°C dry bulb temperature for more than 50 hours per year

• ward temperatures from 22°C to 24°C during the winter and from 23°C to 25°C during the summer for air conditioned buildings, assuming specific clothing and activity levels

• hospitals provide cool areas below 26°C for use during heatwaves

2. CIBSE Guide A: Environmental Design.
Overheating in healthcare facilities

Percentage excess mortality by place of death and age group during 2003 heatwave

Kovats et. al. 2006
Overheating in domestic settings

The risk of overheating in homes is influenced by many factors including location, the presence of the Urban Heat Island, dwelling design, age, type and tenure which may influence an individual’s ability to adapt their home.

As we get better at building and retrofitting homes to prevent heat losses in the winter, we may inadvertently increase the risk of overheating in warmer months. Recent evidence suggests that around 20% of homes in England already experience overheating even during relatively cool summers.

Occupancy patterns greatly influence exposure to overheating. Individuals in their homes during the day are more likely to be inside at the times of highest external and internal temperatures, and may add to internal heat gains (eg from using appliances).
Overheating – actions to tackle the risk

**Insulation** – thermal insulation to walls and roofs helps prevent solar gain. However, external wall insulation is problematic for solid wall construction. Insulation of pipes, reduction of boiler flow temperatures, ventilation of service voids should all be considered.

**Shading, reflection and protection** – Various options to provide shading to limit heat gain. Internal shutters can provide some protection, as can curtains, but external protection (e.g., awnings) are preferable. Providing light-coloured finish to flat roofs and introducing green roofs can reduce solar gain.

**Ventilation** – Ideally, ventilation should be passive to avoid additional energy consumption needed for fans and air conditioning. However, window opening may not be appropriate in all circumstances (e.g., security concerns or homes in noisy locations).

**Occupant behaviour** – Taking steps to mitigate overheating is essential. This includes shading from the sun and understanding appropriate day and night ventilation.
The Heatwave Plan for England
The Heatwave Plan for England

The objective of the **Heatwave Plan for England** is to protect the population from heat-related harm to health. It recommends a **series of steps**, to be taken throughout the year by:

- the NHS, local authorities, social care, and other public agencies
- professionals working with people at risk
- individuals, community and voluntary sector

The plan is an **important component of long term and emergency planning**, which will become increasingly relevant in adapting to the impacts of climate change.
PHE strategic aims in hot weather

• to provide **technical and specialist advice**, particularly to partners at national and local level, including the Cabinet Office, the Department of Health, NHS England, and other government departments

• to **raise public awareness of the potential risks and consequences** before and during a heatwave event, and to provide public and professional guidance and reassurance

• to **monitor the impact** on health through real-time syndromic and other health surveillance

• to **maintain business continuity** through the provision of mutual aid from unaffected areas as appropriate
The Heatwave Plan for England

The purpose of the heatwave plan is to reduce summer deaths and illness by raising public awareness and triggering actions in the NHS, public health, social care and other community and voluntary organisations to support people who have health, housing or economic circumstances that increase their vulnerability to heat.

Communities can also help their neighbours, friends and relatives to protect against avoidable harm to health this summer. This plan builds on many years of experience of developing and improving the ability of the health sector and its partners to deal with significant periods of hot weather. It is up to each locality to consider the actions in this plan and to adapt and incorporate them in local plans as appropriate to the local situation.
Core elements of the plan

Strategic planning

The climate is changing and current analysis in the national UK climate change risk assessment suggests that summers are going to get hotter in the future. Long-term planning now is essential to support:

- co-ordinated long-term planning between agencies to protect people and infrastructure from the effects of severe hot weather and thus reduce excess summer illness and death
- long-term multi-agency planning to adapt to and reduce the impact of climate change, including ‘greening the built environment’, building design (eg increasing shading around and insulation of buildings), increasing energy efficiency (eg reducing carbon emissions); and transport policies
Core elements of the plan

Heatwave and summer preparedness

The following elements need to be in place locally:

- agreement on a lead body at local and sub-national level is required to co-ordinate multi-agency collaboration and to direct the response
- other elements which local NHS, public health and social care organisations will oversee:
  - action to reduce indoor heat exposure (medium and short term)
  - particular care for vulnerable population groups
  - preparedness of the health and social care system
  - staff training and planning
Core elements of the plan

Communicating with the public

Working with the media to get advice to people quickly, both before and during a heatwave is a key part of the Heatwave Plan:

• the Civil Contingencies Act 2004 provides a duty on category 1 responders to warn and inform the public before, during and after an emergency

• there should be a local heat-related health information plan – specifying what is communicated, to whom, when and why

• this should raise awareness of how excessive exposure to severe heat affects health and what preventive action people can take, both throughout the year and during heatwaves to stay cool

• attention should especially be given to ensuring that key public health messages reach vulnerable groups and those who care for them (eg caregivers of the chronically ill, parents of infants) in a suitable and timely way
Core elements of the plan

Working with service providers

Recommended actions across primary care settings:

• advise hospitals, care, residential and nursing homes to provide cool areas and monitor indoor temperatures to reduce the risk of heat-related illness and death in the most vulnerable populations

• help GPs and district nurses and social workers to identify vulnerable patients and clients on their practice lists by providing them with heatwave information and good practice

• ensure that health and social care organisations and voluntary groups implement measures to protect people in their care and reduce heat-related illness and death in those most at risk
Core elements of the plan

Working with service providers – continued

• recommending health visitors and school nurses provide advice to parents and childcare providers and schools and young people respectively regarding behaviours to protect health during hot weather (eg fluid intake, reducing excessive sun exposure, avoiding diving into cold water)

• working with registered providers of housing to encourage wardens/caretakers to keep an eye out for vulnerable tenants during heatwaves, and to consider measures to promote environmental cooling such as tree planting on their estates and building design

• supporting staff to remain fit and well during spells of hot weather
Core elements of the plan

Engaging the community

Providing extra help, where possible, to care for those most at risk, including isolated older people and those with a serious illness or disability. This could come from local authorities, health and social care services, the voluntary sector, communities and faith groups, families and others. This is determined locally as part of the person’s individual care plan and will be based on existing relationships between statutory and voluntary bodies.

Additional help to ensure that people are claiming their entitlements to benefits.
Professional resources

- Heatwave Plan for England
- Heatwave Plan for England: easy read version
- Making the case: the impact of heat on health – now and in the future
- Advice for health and social care professionals: supporting vulnerable people before and during a heatwave
- Advice for care home managers and staff: supporting vulnerable people before and during a heatwave
- Looking after children and those in early years settings during heatwaves: guidance for teachers and professionals
- Beat the heat: keep care home residents safe and well
Public resources

• Beat the heat: staying safe in hot weather (leaflet)
• Beat the heat (poster)
• Beat the heat: keep cool at home (checklist)
Heat-Health Watch alerting system
Heat-Health Watch alerting system levels

The Met Office in collaboration with Public Health England issues heatwave alerts from 1 June to 15 September. There are 5 levels:

- Level 0 (long-term planning, all year)
- Level 1 (heatwave and summer preparedness, 1 June to 15 September)
- Level 2 (heatwave is forecast – alert and readiness)
- Level 3 (heatwave action)
- Level 4 (major incident – emergency response, declared by central government)

For new registrations and amendments to existing registrations please contact the Met Office using Enquiries@metoffice.gov.uk providing your name, organisation and email address (.nhs or .gov or provide organisation type).
Heatwave plan levels and actions

The issue of a hot weather alert should **trigger a series of actions** by different organisations and professionals.

The following tables **illustrate the actions** that can be taken by **different organisations and groups** in order to respond to the alert level, be it preparing for, or responding to, an actual episode of severe hot weather.

Local organisations consider the action tables and to recast the suggested actions in ways that are most appropriate for them. NHS, local authorities, Local Health Resilience Partnerships and Local Resilience Forums should assure themselves **that heatwave response plans are in place** for coming summers as part of wider preparedness and response plans to extreme climate events.
### Heatwave plan levels and actions

#### Level 0: Long-term planning

<table>
<thead>
<tr>
<th>Group</th>
<th>Example actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commissioners</td>
<td>Incorporate heatwave planning into JSNA's/HWS's long term plans; make progress on the relevant Public Health Outcomes Framework.</td>
</tr>
<tr>
<td>Providers</td>
<td>Develop systems to identify and improve resilience of high-risk individuals; make environmental improvements to provide a safe environment for clients in the event of a heatwave; prepare business continuity plans.</td>
</tr>
<tr>
<td>Community &amp; voluntary sector</td>
<td>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.</td>
</tr>
<tr>
<td>National level</td>
<td>National implementation of the National Adaptation Programme; improved monitoring and analysis of heat-related illness and deaths; evaluation of the Heatwave Plan for England.</td>
</tr>
</tbody>
</table>

Audience specific action cards are available in the Heatwave Plan for England.
# Heatwave plan levels and actions

## Level 1: Heatwave and summer preparedness programme

<table>
<thead>
<tr>
<th>Group</th>
<th>Example actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commissioners</td>
<td>Working in partnership, coordinate heatwave plans and work with partners and staff on risk reduction awareness; ensure organisers of large events take account of possible heat risks.</td>
</tr>
<tr>
<td>Providers</td>
<td>Identify high-risk individuals and raise awareness of heat illnesses and their prevention among clients and carers; include risk in care records.</td>
</tr>
<tr>
<td>Community &amp; voluntary sector</td>
<td>Further develop community emergency plan; support the provision of good information about the health risks especially with those vulnerable groups and individuals; look out for vulnerable neighbours.</td>
</tr>
<tr>
<td>National level</td>
<td>PHE and NHS England will provide advice; issue heat-health watch alerts; routinely monitor syndromic and mortality surveillance.</td>
</tr>
</tbody>
</table>

Audience specific action cards are available in the [Heatwave Plan for England](#).
## Heatwave plan levels and actions

### Level 2: Heatwave is forecast – alert and readiness

<table>
<thead>
<tr>
<th>Group</th>
<th>Example actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commissioners</td>
<td>Communicate public media messages – especially to ‘hard to reach’ vulnerable groups; communicate alerts to staff; implement business continuity.</td>
</tr>
<tr>
<td>Providers</td>
<td>Check high-risk people have visitor/phone call arrangements in place; reconfirm key public health messages to clients; ensure sufficient staffing; check indoor temperatures are recorded regularly during the hottest periods.</td>
</tr>
<tr>
<td>Community &amp; voluntary sector</td>
<td>Keep an eye on people you know to be at risk; stay tuned to weather forecast and keep stocked with food and medications; check ambient room temperatures.</td>
</tr>
<tr>
<td>National level</td>
<td>Cascade Level 2 alert; PHE will make advice available to the public and professionals; continued syndromic and mortality surveillance.</td>
</tr>
</tbody>
</table>

Audience specific action cards are available in the [Heatwave Plan for England](#).
# Heatwave plan levels and actions

## Level 3: Heatwave action

<table>
<thead>
<tr>
<th>Group</th>
<th>Example actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commissioners</td>
<td>Issue media alerts about keeping cool; support organisations to reduce unnecessary travel; review safety at public events; mobilise community and voluntary support.</td>
</tr>
<tr>
<td>Providers</td>
<td>Visit/phone high-risk people; reconfirm public health messages; activate plans to maintain business continuity – including a possible surge in demand.</td>
</tr>
<tr>
<td>Community &amp; voluntary sector</td>
<td>Activate community emergency plan; check those you know are at risk; follow public health messages; check those you know are at risk.</td>
</tr>
<tr>
<td>National level</td>
<td>Met Office will continue to monitor and forecast temperatures; NHS England will muster mutual aid when requested by local services; continued syndromic and mortality surveillance.</td>
</tr>
</tbody>
</table>

Audience specific action cards are available in the [Heatwave Plan for England](#).
# Heatwave plan levels and actions

## Level 4: Major incident – emergency response

<table>
<thead>
<tr>
<th>Group</th>
<th>Example actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commissioners</td>
<td>Continue actions as per Level 3 unless advised to the contrary; Central government will declare a Level 4 alert in the event of a severe or prolonged heatwave.</td>
</tr>
<tr>
<td>Providers</td>
<td>Continue actions as per Level 3 unless advised to the contrary; Central government will declare a Level 4 alert in the event of a severe or prolonged heatwave.</td>
</tr>
<tr>
<td>Community &amp; voluntary sector</td>
<td>Continue actions as per Level 3 unless advised to the contrary; Central government will declare a Level 4 alert in the event of a severe or prolonged heatwave.</td>
</tr>
</tbody>
</table>

Audience specific action cards are available in the [Heatwave Plan for England](#).
Heat-Health Watch alert temperatures by region

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.

<table>
<thead>
<tr>
<th>NSWWS Region</th>
<th>Day (°C)</th>
<th>Night (°C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>London</td>
<td>32</td>
<td>18</td>
</tr>
<tr>
<td>South East</td>
<td>31</td>
<td>16</td>
</tr>
<tr>
<td>South West</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>Eastern</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>West Midlands</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>East Midlands</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>North West</td>
<td>30</td>
<td>15</td>
</tr>
<tr>
<td>Yorkshire and Humber</td>
<td>29</td>
<td>15</td>
</tr>
<tr>
<td>North East</td>
<td>28</td>
<td>15</td>
</tr>
</tbody>
</table>

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# Heat-Health Watch alerting system

## Met Office service and notifications

<table>
<thead>
<tr>
<th>Service</th>
<th>Distribution</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heatwave warning</td>
<td>E-mail</td>
<td>Alert issued as soon as agreed threshold has been reached and when there is a change in alert level. Issues between 1 June and 15 September.</td>
</tr>
<tr>
<td>Heatwave planning advice</td>
<td>E-mail</td>
<td>Twice a week (9am each Monday and Friday from 1 June to 15 September).</td>
</tr>
<tr>
<td>National Severe Weather Warning Service</td>
<td>E-mail, web, SMS, TV, radio</td>
<td>When required</td>
</tr>
<tr>
<td>General weather forecasts</td>
<td>Web, TV, radio</td>
<td>Every day</td>
</tr>
</tbody>
</table>
Heat-health watch alerting system

Example of a Hot Weather Alert
Heat-Health Watch alerting system

Hot Weather Alert cascade

- hot weather alerts are issued by the Met Office in collaboration with Public Health England

- alerts are cascaded via email local community and nationally (e.g., central government departments, PHE centres, NHS England, local authorities, the media)

- Local Resilience Forums, Local Health Resilience Partnerships, and health and social care organisations will want to develop this into a specific cascade system that is appropriate for their local area
Key messages

In light of the guidance and good practice recommendations made in the Heatwave Plan for England, there are 3 key messages:

1. All local authorities, NHS commissioners and their partner organisations should consider the Heatwave plan for England and satisfy themselves that the suggested actions and the heatwave alert service are understood across their locality. Local heatwave and climate change adaptation plans should be reviewed in light of this plan.
Key messages

2. NHS and local authority commissioners, together with Local Resilience Forums, should review or audit the distribution of the heatwave alerts across the local health and social care systems to satisfy themselves that the alerts reach those that need to take appropriate actions, immediately after issue. Local areas need to adapt these to their particular situations and ensure themselves that the cascades are working appropriately.

3. NHS and local authority commissioners, together with Local Resilience Forums, should seek assurance that organisations and key stakeholders are taking appropriate actions in light of the heatwave alert messages. It is for local areas to amend and adapt this guidance and to clarify procedures for staff and organisations in a way which is appropriate for the local situation.
Resources

• Further heatwave health advice is available from the NHS Choices website. Available at: www.nhs.uk/livewell/summerhealth/Pages/Summerhealthhome.aspx
• Further information on heat-health watch is available on the Met Office website. Available at: www.metoffice.gov.uk/public/weather/heat-health/#?tab=heatHealth
• Health-related air pollution advice is available at: uk-air.defra.gov.uk/
• Off the Shelf Heatwave Exercise is available from exercises@phe.gov.uk
• For new registrations and amendments to existing Heat-Health Watch registrations please contact the Met Office using: Enquiries@metoffice.gov.uk providing your name, organisation and email address (.nhs or .gov or provide organisation type)
• For further information, contact the Extreme Events and Health Protection team. Email: ExtremeEvents@phe.gov.uk
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Public Health England, Wellington House, 133-155 Waterloo Road, London SE1 8UG
Tel: 020 7654 8000 www.gov.uk/phe Twitter: @PHE_uk Facebook: www.facebook.com/PublicHealthEngland

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