

## Key Public Health Messages

The following core messages are copied from the National Heatwave Plan, further more detailed messages are included in Annex G, and I

<b>Level 1</b>	<b>Heatwave and Summer Preparedness</b>
<p><b>No warning required unless there is a 60 per cent probability of the situation reaching Level 2</b> somewhere in the UK within the next three days, then something along the lines of:</p> <p style="padding-left: 40px;"><b>“If this does turn out to be a heatwave, we’ll 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 NHS Choices at <a href="http://www.nhs.uk/summerhealth">www.nhs.uk/summerhealth</a>. Alternatively ring NHS 111.</b></p>	
<b>Level 2</b>	<b>Heatwave is forecast</b> – Alert and readiness 60% risk of heatwave in the next 2–3 days
<p>The Met Office, in conjunction with PHE, is issuing the following heatwave warning for [regions identified]:</p> <p style="padding-left: 40px;"><b>“Heatwaves can be dangerous, especially for the very young or very old or those with chronic disease. Advice on how to reduce the risk either for yourself or somebody you know can be obtained from NHS Choices at <a href="http://www.nhs.uk/summerhealth">www.nhs.uk/summerhealth</a>, NHS 111 or from your local chemist.”</b></p>	
<b>Level 3</b>	<b>Heatwave Action</b> - Temperature reached in one or more Met Office National Severe Weather Warning Service regions
<p>The Met Office, in conjunction with PHE, is issuing the following heatwave advice for [regions identified]:</p> <p><b>“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. <u>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 d</u></b></p>	
<b>Level 4</b>	<b>Major incident</b> – Emergency response Central Government will declare a Level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health
<p><b>As above for a level 3</b></p>	

