

⚠️ AMBER HEAT HEALTH ALERT ⚠️

The UK Health Security Agency (UKHSA) has issued an amber heat-health alert for the Southeast, including the Island.

The alert is in place between 9am Tuesday 11 August and 9pm Friday 14 August.

● Amber alerts are issued when the heat is likely to impact vulnerable people, including the elderly and young children and those with pre-existing health conditions, including respiratory and cardiovascular diseases.

Beat the heat!

- ☀️ Avoid the sun between 11am and 3pm
- 🧢 Walk in the shade, wear a hat, and apply sunscreen
- 🧑 Avoid strenuous activity during the hottest parts of the day
- 💧 Drink plenty of cool fluids
- 🚫 Avoid alcohol, caffeine, and hot drinks
- 🚿 Take cool showers or baths
- 🪟 Keep living spaces cool. Close sun-facing windows and curtains during the day
- 👵 Check on vulnerable individuals
- 💊 Store medicines below 25°C