

Community Hot Weather Guidance

In Oxfordshire, a heatwave is declared when temperatures meet or exceed **27°C** for a period of at **least three consecutive days**.

During a heatwave, the Met Office may release an Extreme Heat Warning. This warning is designed to highlight the potential impacts of extreme heat to protect lives and property, helping people make better decisions to stay safe and thrive.

The UK Health Security Agency (UKHSA) may also release a Heat-Health Alert. For more information on the UKHSA heat-health alerts, including how to sign-up to receive alerts, please visit: www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service

Your local District, Town or Parish Council may open cool spaces during periods of high temperatures and heatwaves. Voluntary groups may also support spaces or even set up their own. Cool spaces are designed to offer local residents accessible and welcoming locations where they can seek shelter from the sun, stay cool and enjoy some company. It is important to consider supporting those who are vulnerable with travelling to and from spaces, however it may be safer for some to remain home.

Your local District Council will also have a Severe Weather Emergency Protocol which they may activate during hot weather to support those who are homeless. Please contact your District Council or check their website for more information.

Advice for Residents During Periods of Hot Weather:

1. To reduce heat generated in the home, check your heating is off, turn off lights and electrical equipment not in use and try to cook at cooler times of the day. For essential devices that emit heat, consider closing doors to those rooms.
2. To stay cool in the home during the day, shade, or cover windows.
3. Open windows (when it is safe to do so) when the air feels cooler outside, such as at night, and get air flowing through the home to create a crosswind and consider sleeping downstairs where it is cooler
4. Use electric fans if the air temperature is below 35°C, but do not aim the fan directly at your body as this can lead to dehydration.
5. It may be cooler outside in the shade or in a public building (such as places of worship, or supermarkets) so consider a visit to cool down if you are able to safely travel there without putting yourself at more risk from the heat.



Extended periods of higher day and night-time temperatures can put our bodies under stress and exacerbate underlying or undiagnosed health conditions. Managing higher temperatures at home during day and night is equally important to protect our health.

If you are concerned someone may be overheating, seek medical advice by contacting NHS **111**. In an emergency, or if you think someone has heatstroke, dial **999**. For further information on heat exhaustion and heatstroke symptoms, visit: www.NHS.UK

Further Support:

For more information and posters with guidance for individuals you may wish to distribute amongst your community, please visit: www.gov.uk/ukhsa/beat-the-heat

Better Housing Better Health is a project aiming to improve the health and wellbeing of vulnerable people in their homes. For more information, to make a referral or request an assessment, please visit: www.bhbh.org.uk