

[Home](#) > [News](#) > Hot weather is here – think how it will affect you

Public Health England is urging people to take extra care in this spell of warm weather as the Met Office has confirmed that Hot Weather Alerts have been triggered in Cambridgeshire.

With temperatures expected to reach 30C today, the Met Office has confirmed that we have reached threshold temperatures that are high enough to have a significant harmful effect on health; Level 3 heatwave alerts have now been issued for the East of England.

Hot weather can be uncomfortable for many people, but can be dangerous for the very old, very young and those with chronic illnesses who feel the effects more acutely.

Val Thomas, Consultant in Public Health at Cambridgeshire County Council, said: “While hot weather is enjoyable for some people and uncomfortable for others, sadly experience tells us that exposure to excessive heat can worsen many conditions especially for those with heart or breathing problems, making people very unwell. We would like people to look out for people at risk - the elderly, ill or very young people to make sure they are able to keep cool and well.”

Here are some practical tips on how to stay cool and cope with the hot weather:

- Try to keep out of the sun between 11am to 3pm
- Wear UV sunglasses, preferably wraparound, to reduce UV exposure to the eyes, walk in the shade, apply sunscreen of at least SPF15 with UVA protection, wear a wide brimmed hat and light, loose-fitting cotton clothes. This should minimise the risk of sunburn.
- Drink lots of cool drinks and when travelling ensure you take water with you
- Look out for others especially vulnerable groups such as older people, young children and babies and those with serious illnesses
- Never leave anyone in a closed, parked vehicle, especially older people, infants, young children or animals
- If medicines are sensitive to temperature it may be worth keeping them in the fridge
- Children should not take part in vigorous physical activity on very hot days, such as when temperatures are above 30°C.

Remember that it can get uncomfortably hot indoors too. Try to keep your bedroom and living space cool by closing the curtains on windows that face the sun and opening your windows at cooler times of the day and overnight when safe to do so. Turn off non-essential lights and electrical items as these generate heat.

**For more information, visit: www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx
(<http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx>)**