



Heatwave Advice and Air Quality

Advice to those with respiratory problems is consistent with the advice to all others during a heatwave

- ☀️ Keep windows shaded and closed when outside temperatures are hotter during the daytime to reduce heat (and ozone) entering the home; and opening windows at night or when it is cooler outside, to aid cooling of their home.
- ☀️ Smogs typically accompany heatwaves as these often occur during periods of limited dispersion and/or easterly continental air masses arriving in the UK – as a result pollutants are less well spread or added to a higher background concentration which can lead to high concentrations of nitrogen dioxide and particulate matter. Heatwave conditions often lead to increased ozone levels following interactions of other pollutants with sunlight.
- ☀️ Adults and children with heart or lung problems are at greater risk of symptoms. Follow your doctor's usual advice about exercising and managing your condition. It is possible that very sensitive individuals may experience health effects even on Low air pollution days. Anyone experiencing symptoms should follow the guidance provided.
- ☀️ Recommended actions and health advice for the general population and those who may be particularly sensitive to air pollution are available from the [UK-Air website](#) (Defra) and there is an automated free-phone service run by Defra on **0800 55 66 77**, or visit the Defra website <http://uk-air.defra.gov.uk/>

Listen to the news to be aware of when a heatwave has been forecast, how long it is likely to last and any associated health warnings, go to www.metoffice.gov.uk
Additional information on air quality can be found on the [BBC Weather page](#)

- knowing the forecast can help you plan ahead and adapt as necessary
- heatwaves may affect other services such as power, water supplies and transport
- air pollution can become worse during periods of hot weather.



NHS Choices Tips for Coping in Hot Weather

- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- Listen to alerts on the radio, TV and social media about keeping cool.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.
- If you're worried about yourself or a vulnerable neighbour, friend or relative, you can contact the local environmental health office at your local authority.

Heatwave: How to cope in hot weather

<https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/#tips-for-coping-in-hot-weather>