



HEATWAVE WARNING



— FOR KENT —



The Met Office has issued an Amber Heat Health Alert. Very hot weather is expected in Kent with temperatures reaching the low to mid 30's over the next few days and warm nights.



STAY SAFE



Drink plenty of water throughout the day



Avoid strenuous activity between 11am and 3pm



Wear light, loose-fitting clothing and use sun cream



Check in on elderly neighbours, relatives and anyone who may be vulnerable



Make sure pets have access to fresh water and shade



Never leave children, pets or anyone vulnerable in a parked vehicle



Seek shade regularly if spending time outdoors



High demand on the electricity network can cause power cuts. Charge phones and essential devices in advance.

KEEP YOUR HOME COOL



Close curtains, blinds and windows during the hottest part of the day



Open windows overnight when temperatures are lower



Use fans if you have them



Limit use of ovens and hobs

KNOW THE DANGERS

- Heat exhaustion
- Heatstroke
- Dehydration



Know the signs: headache, dizziness, excessive sweating, feeling sick, cramps.

If someone has confusion, stops sweating, becomes unconscious or has a seizure – **CALL 999 IMMEDIATELY.**



Let's look out for one another and stay safe during the hot weather. ♥



KENT