

Heat and Health

Preparing and protecting communities

Hertfordshire County Council Adult Care Services and Public Health, Health Protection
13th July 2023

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Creating a cleaner, greener,
healthier Hertfordshire.



Heat and Health

National Context

- Climate change and impact
 - Currently the UK is already experiencing warmer temperatures for this time of year.
 - All of the warmest years on record in the UK have occurred since 2002, and in July 2022 temperatures exceeded 40°C for the first time on record.
 - It is estimated that **2,803 people aged 65 years and over died due to the heat in England in 2022**, and it is predicted that the number of heat-related deaths per year may triple by 2050.

Heat and Health

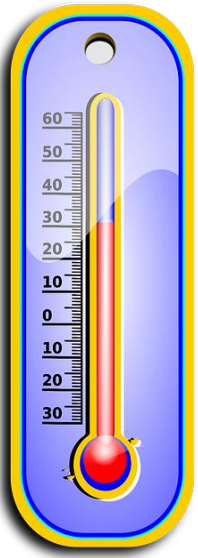
UKHSA/MET office

- Adverse Weather and Health Plan
 - New update June 2023
 - Key changes – **adaptation, heat health alerts ‘impact’ based**
 - Weather hot period 1 June – 30 Sept, cold period 1 Nov – 31 March
 - Future updates to include cold temp in Sept, thunder storm asthma, flooding.

Heat and Health

HCC Local Plans

- HCC Extreme Temperature Plan 2023
 - Plans already in place for all ‘major incidents’.
 - Specific to weather and health and how we **adapt and respond**
 - Internal plan that gives each Directorate direction – service and staff
 - All year round as well as during periods of adverse weather
 - Evolving plan
 - Communications tools



How Heat impacts on Health

The main risks posed by a hot weather are:

- Not drinking enough water (dehydration)
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- Heat exhaustion and heatstroke


Particularly vulnerable groups include:

- Older age groups
- Babies and small children, drug and alcohol dependants, bed bound, those with Alzheimer's.
- Particular medications, long term health conditions including heart and lung conditions
- Homeless
- Fasting communities

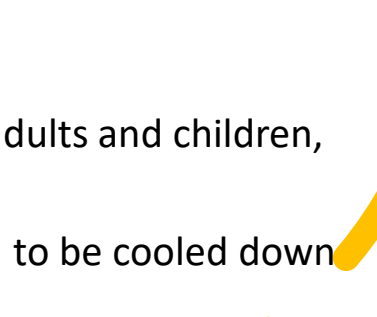
Beat the Heat

- Keep out of the Heat if you can. Particularly 11am – 3pm. Cool light coloured clothing.
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.
- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

You can also get help from the environmental health office at your local district council, if you think a hot house is affecting your health or someone else's. They can inspect a rented home for hazards to health, including excess heat



Heat exhaustion (does not usually need emergency medical help if you can cool down within 30 minutes).

- tiredness
 - dizziness
 - headache
 - feeling sick or being sick
 - excessive sweating and skin becoming pale and clammy or getting a [heat rash](#), but a change in skin colour can be harder to see on brown and black skin
 - cramps in the arms, legs and stomach
 - fast breathing or heartbeat
 - a high temperature
 - being very thirsty
 - weakness
 - The symptoms of heat exhaustion are often the same in adults and children, although children may become irritable too.
 - If someone is showing signs of heat exhaustion they need to be cooled down and given fluids.
- 

Call 999 now if:

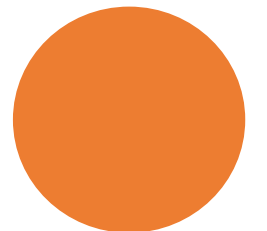
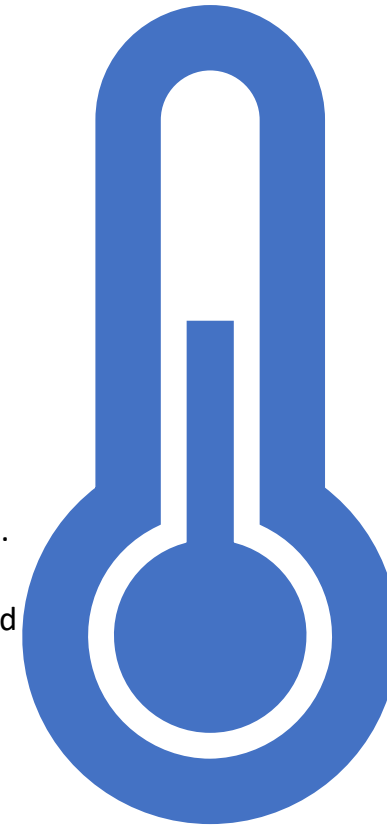
You or someone else have signs of **heatstroke**, including:

- still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids
- a very high temperature
- hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit
- loss of consciousness
- Put the person in the recovery position if they lose consciousness while you're waiting for help.

Things you can do to cool someone down

If someone has heat exhaustion, follow these 4 steps:

1. Move them to a cool place.
 2. Remove all unnecessary clothing like a jacket or socks.
 3. Get them to drink a sports or rehydration drink, or cool water.
 4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs, wrapped in a cloth and put under the armpits or on the neck are good too.
- Stay with them until they're better. They should start to cool down and feel better within 30 minutes.
 - **If:** you or someone else have symptoms of heat exhaustion that you're struggling to treat or you need advice about - you can call 111 or [get help from 111 online](#).



What else can we do?

Be informed - sign up to heat health alerts – new alerts system based on likely **health** impact. (separate to National Severe Weather Warnings).

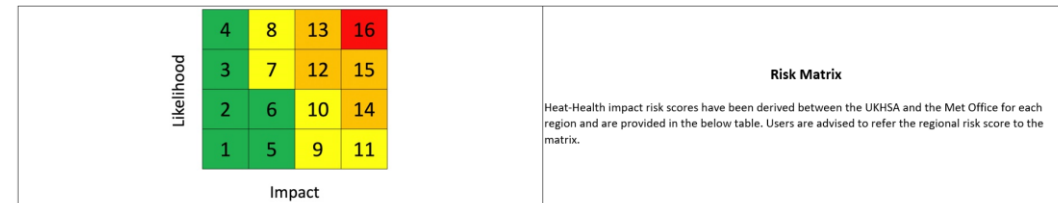
Sign up here:

- [Weather-Health Alerting system registration form \(office.com\)](#)

Share the information with your community so they can prepare for the hottest periods.

General Overview - Significant impacts are possible across the health and social care sector due to the high temperatures, including: observed increase in mortality across the population likely, particularly in the 65+ age group or those with health conditions, but impacts may also be seen in younger age groups; increased demand for remote health care services likely; internal temperatures in care settings (hospitals and care homes) may exceed recommended threshold for clinical risk assessment; impact on ability of services to be delivered due to heat effects on workforce possible and many indoor environments likely to be overheating, risk to vulnerable people living independently in community as well as in care settings.

YELLOW Heat-Health Alert - (Hot weather response) has been issued for the following regions: East Midlands, West Midlands, North East, South East, South West, Yorkshire and The Humber, East of England, London and is in effect between 23/06/2023 at 09:00 and 26/06/2023 at 09:00.



Region	Overall Risk Score	Expected Impacts at Regional Level
East Midlands	YELLOW (7)	Minor impacts are probable across the health and social care sector, including: increased use of healthcare services by the vulnerable population; increase in risk of mortality amongst vulnerable individuals and increased potential for indoor environments to become very warm.

Community Spaces

- [Community Spaces | Hertfordshire County Council](#)
- These will be local spaces that provide open access to people, where you can go to socialise and participate in activities (optional)
- There will be different things available at community spaces, with some offering food and drinks.
- As part of community spaces, some spaces may also meet the requirements of a warm or cool space, where you can get some reprieve from weather extremes

What to expect at a Community Space

You'll be welcomed

Everyone is treated equally, with dignity and respect

Your Community Space will be a safe place

We'll not tell anyone about you needing a Community Space

It doesn't matter why you use a Community Space

What you can do in a Community Space

Choose your food and drink for your Community Space

What will you find in a warm or cool space?

A Community space with the added benefit of providing a warm or cool environment.

- All cool spaces will follow [the guidance on supporting vulnerable people before and during hot weather](#). This guidance contains much of what has been discussed with more information on keeping the environment cool.
- We will also be sending out resources to the cool spaces so that their local community are aware of the impact of the hot weather on their community, such as beat the heat posters



How to find a Community Space

Visit our [Community Spaces](#) page and you can use our community space finder to show the community spaces near you

Find a Community Space

Share your location to find your local information

Enter a postcode or town

or [use my current location](#)

[SEE A FULL LIST OF COMMUNITY SPACES](#)

Filters applied

[Adults > Care and support > Information and advice > Community spaces](#)

Choose a filter

Category

- [Adults \(63\)](#)
- [Families \(62\)](#)

Service Type

- [Community spaces \(63\)](#)

Opening Times and Facilities

Days open

- [Monday \(42\)](#)
- [Tuesday \(38\)](#)
- [Friday \(37\)](#)
- [Saturday \(36\)](#)
- [Thursday \(31\)](#)
- [Show full list...](#)

Community space type

Venue is a

- [Warm space \(61\)](#)
- [Cool space \(33\)](#)

Use the search in the header to narrow by area.

Narrow your results by clicking on the options above.

Map Satellite

Services (63)

Order by: distance / relevance

Showing results 1 to 10 of 63

[Facebook](#) [Twitter](#) [Print](#) [Email](#)

1 2 3 4 5 6 7 Next >

[Stevenage Central Library](#) [\(View on map\)](#)

Hertfordshire County Council Libraries

Community spaces (0.35 miles)

Address: Southgate, Stevenage, SG1 1HD

Website: [Stevenage Library](#)

[+ Add to shortlist](#)

Want to become a Cool Space?

- Visit our [professionals area](#) and register now.
- Once we have your registration form, we will help to get you up and running on the community spaces directory.
- On the professionals area there are resources that are could be useful to any community space, as well as grants available (coming soon)

Questions?



Hertfordshire

Thank you

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