

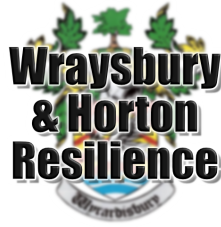
Personal Extreme Heat Plan

Staying safe and well in hot weather

This guide provides simple, practical steps to help individuals, particularly older adults, prepare for and cope with extreme heat.

Resilience.Wraysbury.com





Personal Extreme Heat Plan

Hot weather can increase the risk of heart attack, stroke, lung problems and other diseases. Older people, babies and young children are more likely to be unwell from hot weather because their bodies are less able to regulate temperature. People with underlying medical conditions can also be vulnerable to the effects of hot weather.

Before extreme heat hits

1. Prepare Your Home

- Insulate and shade: Fit thermal or blackout blinds/curtains, especially on sun-facing windows. Use reflective window film if possible.
- Ventilation: Ensure windows can be opened safely and securely. Consider adding fly screens if needed.
- Fans and cooling aids: Buy a portable fan or cooling device. Keep an ice pack or damp cloth in the fridge for personal cooling.
- Thermometer: Keep one indoors to monitor room temperature — aim for rooms to stay below 26°C.
- Create a cool room: Identify the coolest room in your home and plan to spend hot hours there.

2. Personal Readiness

- Stock essentials: Ensure you have enough medication, drinks, and ready-to-eat food to avoid going out in the heat.
- Hydration plan: Aim to drink at least 6–8 glasses of water daily, more during heatwaves.
- Light clothing: Wear loose-fitting, light-coloured, breathable clothes (e.g. cotton or linen).
- Sun protection: Keep sun hats, sunglasses, and SPF 30+ sunscreen easily accessible.

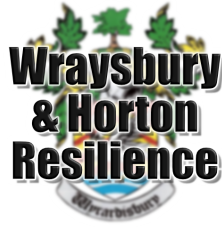
3. Social Check-in Plan

- Arrange for daily check-ins (by family, neighbours, or carers), especially if you live alone.
- Ensure you're on Wraysbury & Horton Vulnerable list if you're vulnerable to heat (e.g. have heart/lung conditions, or take certain medications).

4. Stay Informed

- Sign up for Met Office weather alerts: <https://www.metoffice.gov.uk/weather/warnings-and-advice>
- Know the Heat Health Alert system: <https://www.gov.uk/guidance/heat-health-alerting-system>





☀️ During a heatwave or extreme heat

1. Stay Cool Indoors

- Close curtains or blinds during the day (especially sun-facing windows).
- Open windows at night or early morning when it's cooler.
- Use a fan if temperatures are below 35°C. **In very high heat, fans can be ineffective and may worsen dehydration.**

2. Stay Hydrated

🥤 **Older adults should aim to drink around 150–250 ml (about half to one cup) of water every hour** during hot weather — even if you don't feel thirsty.

- That equates to: **1.5 to 2.5 litres over 10–12 waking hours**
- Use a marked jug or bottle to track fluid intake throughout the day.
- Drink regularly throughout the day for hydration and to avoid strain on the kidneys or bladder.
- Avoid alcohol, caffeine, and very sugary drinks.
- Eat foods with high water content (e.g. fruit, cucumber, yoghurt).

3. Dress for the Weather

- Wear minimal, loose fitting, light-coloured clothing.
- Keep your feet cool with sandals or bare feet indoors.

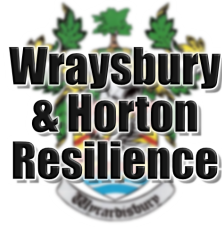
4. Limit Activity

- Avoid going outside between 11am and 3pm when the sun is strongest.
- Rest frequently and avoid heavy activity.

5. Take Cooling Measures

- Use a damp flannel or cooling cloth on the back of the neck, wrists, or ankles.
- Take a cool (not cold) shower or bath.
- Mist your skin with water and sit in front of a fan.
- Have a cool drink.





6. Watch for Heat-Related Illness

Call 111 or seek urgent help if you experience:

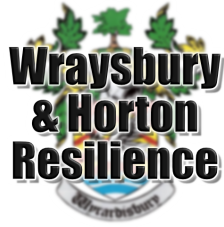
- Dizziness, headache, nausea
- Muscle cramps
- Confusion or sleepiness
- Hot, dry skin with no sweating
- A temperature above 40°C

In case of suspected heatstroke, call 999.

Daily heat checklist

Task	Morning	Afternoon	Evening
Check weather alert level	✓		✓
Keep blinds/curtains closed	✓	✓	✓
Hydrate (at least 2 glasses per time period)	✓	✓	✓
Use cooling methods	✓	✓	✓
Avoid outdoor activity	✓	✓	✓
Add your own	✓	✓	✓
	✓	✓	✓
	✓	✓	✓





Emergency contact information

Please fill in or update this page and keep it near your phone or in a visible place.

Key contacts

Wraysbury & Horton Resilience Phone: 07808 654321

GP Surgery:

Name: _____ Phone: _____

Pharmacy:

Name: _____ Phone: _____

Next of Kin:

Name: _____ Relationship: _____ Phone: _____

Trusted Neighbour:

Name: _____ Phone: _____

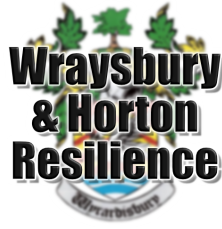
Carer or Support Worker:

Name: _____ Phone: _____

Other Emergency Contact:

Name: _____ Phone: _____





Medication & health notes

List your regular medications and any important health notes below. This information may help first responders in an emergency.

Medication name	Dosage / Frequency	Notes (e.g. condition, allergies)

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