

# Heatwave Plan

**Emergency Preparedness, Resilience & Response**

Version 5 May 2023

## Foreword

The UK Health Security Agency (UKHSA) launched a new combined [Adverse Weather and Health Plan \(AWHP\)](#) in April 2023 as part of a commitment under the climate change [National Adaption Programme](#) (NAP) to bring together and improve existing guidance on weather and health.

The AWHP will build on existing measures taken by UKHSA, the wider government, its agencies, NHS England and local authorities to protect people from the health effects of adverse weather and build community resilience.

It brings together the previous Heatwave Plan for England, and the Cold Weather Plan for England, we have used this new Plan to revise our existing Heatwave Plan to include some of the key changes relating to Heatwaves and will be working to further revise it, bringing both the Heat and Cold Weather plans together into new annual document by the Autumn.

The Heatwave plan outlines the core responsibilities of Portsmouth and Southampton City Council's relevant services during a heatwave.

This plan has been produced by Portsmouth and Southampton City Council working jointly on behalf of both Portsmouth and Southampton City Council.

## Distribution List

This plan is stored on the Portsmouth and Southampton City Council pages on ResilienceDirect (Secure website). Appropriate access will be given to responding agencies.

The original document is held by Portsmouth and Southampton City Councils' Emergency Preparedness, Resilience and Response Team (EPRR).

This Plan will be made available to appropriate members of staff at Portsmouth and Southampton City Council (PCC and SCC) and external stakeholders.

## Amendments

Version	Date	Amendment	Name
0.1	May 2019	Annual Review	Jazmine Poulter
1.0	June 2019	Finalised 2019 issue	Ian Collins
2.0	May 2020	Annual Review and update	William White
3.0	June 2021	Annual Review and update	Donna Pike
3.1	May 2022	Annual Review and updates	Donna Pike
4.0	24 May 2022	<ul style="list-style-type: none"> <li>• Updated to reflect the national Plan issued May 2022.</li> <li>• Changed PHE to UKHSA to reflect the national change in October 21.</li> <li>• Removal of Covid specific information section as no longer relevant.</li> <li>• Updating of links throughout the plan.</li> </ul>	Donna Pike
4.4	May 2023	<ul style="list-style-type: none"> <li>• Updated to reflect new Adverse Weather and Health plan</li> <li>• Updating of links throughout the plan</li> </ul>	Ruth Justice
5.0	May 2023	Finalised 2023 issue	Ruth Justice

## Plan Ownership

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Department Responsible:	PCC / SCC Emergency Preparedness, Resilience & Response Team
Implementation Date:	June 2023
Review Date:	Autumn 2023 plan to be replaced with new Adverse Weather and Health Plan

## Protective Marking

This Plan has been given the protective marking of **OFFICIAL**

This Plan will be made available to staff who require access to it as part of their role. Where possible stakeholders will be given access to the plan through ResilienceDirect, in other cases it will be sent electronically to those agencies in the distribution list. Upon receipt of the plan, individual agencies become fully responsible for document security and dissemination within their own organisation as per its classification.

## Acronyms

Acronym	Definition
AWHP	Adverse Weather and Health Plan
JEPDO	Joint Emergency Planning Duty Officer
EH	Extreme Heat
EPRRA	Emergency Preparedness, Resilience and Response Assistant
EPRR Team	Emergency Preparedness, Resilience and Response Team
HHA	Heat Health Alert
IMT	Incident Management Team
NAP	National Adaptation Program
NSWWS	National Severe Weather Warning Service
PCC	Portsmouth City Council
SCC	Southampton City Council
SEPPRO	Senior Emergency Preparedness, Resilience and Response Officer
SWEP	Severe Weather Emergency Plan
UKHSA	UK Health Security Agency
WHO	World Health Organisation

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## 1.0 Introduction

### Heatwave Planning Alerts Including Declaration of Heatwave

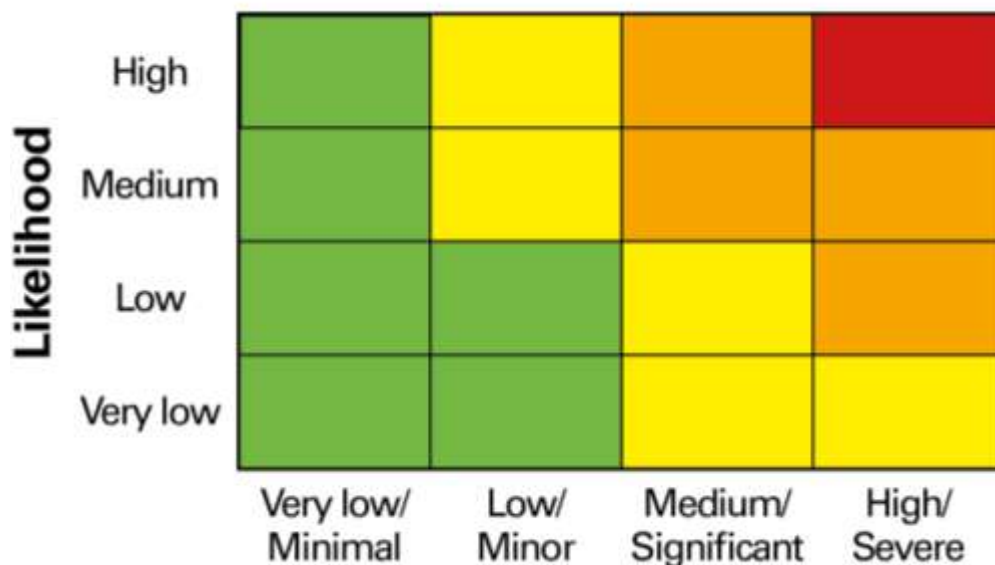
The Heat-health alert service is provided by UK Health Security Agency (UKHSA) in partnership with the Met Office from 1 June - 30 Sept. It has been in operation since 2004 and is designed to help health and social care professionals manage through periods of extreme temperature. Should conditions for an alert be reached outside of

this period, an extraordinary heat-health alert will be issued, and stakeholders are advised to take the usual public health actions as recommended in the Adverse Weather and Health Plan.

In summer 2023, the Heat-Health Alerts (HHA) will transition to impact based alerting, which will provide users with information over and above the fact that hot weather is likely to occur. It will give an indication of the impacts likely to be observed as a result of the temperatures. The Met Office regional daytime and night-time maximum temperature forecasts are monitored and when certain temperature thresholds are reached the Met Office and UKHSA undertake an assessment of the potential impacts and likelihood of those impacts occurring. A decision will be made on whether an alert is needed, and if so, what type of alert to issue (YELLOW, AMBER or RED).

Below is the Heat Health Alert risk matrix indicating likelihood/impact colour coding

### Heat Health Alerts



### Impact

<b>Green</b>	(summer preparedness) No alert issued. Considered BAU
<b>Yellow</b>	(response)-Issued where impacts may be expected for those who are particularly vulnerable or where the confidence in weather forecast for more severe period of heat is low
<b>Amber</b>	(enhanced response) Issued for situations where impacts are expected across the population. Where impacts expected across other sectors, an AMBER NSWWS EH may also be issued

<b>Red</b>	(emergency response) Significant risk to life for even the healthy population
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### **1.1 Green Level (summer preparedness)**

No alert will be issued as the conditions are likely to have minimal impact and health. However, during periods where the risk is minimal it is important that organisations ensure that they have plans in place and are prepared to respond should an alert (yellow, amber or red) be issued. The AWHP HHA action cards provide information on the strategic year-round actions to address health risks from heat and suggested summer preparedness actions.

### **1.2 Yellow Level (response)**

These alerts cover a range of situations. Yellow alerts may be issued during periods of heat in which it would be unlikely to impact most people, however those who are particularly vulnerable (for example the elderly with multiple health conditions and on multiple medications) are likely to struggle to cope, and where action is required within the health and social care sector specifically. A yellow alert may also be issued if the confidence in the weather forecast is low, but there could be more significant impacts if the worst-case scenario is realised. In this situation the alert may be upgraded as the confidence in both the weather forecast and the likelihood of observing those impacts improves.

### **1.3 Amber Level (enhanced response)**

An amber alert would represent a situation in which the expected impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk and where other sectors apart from health may also start to observe impacts, indicating that a coordinated response is required. In addition, in some circumstances a National Severe Weather Warning Service (NSWWS) Extreme Heat (EH) warning may be issued in conjunction with and aligned to the HHA. This situation would indicate that significant impacts are expected across multiple sectors.

#### **1.4 Red Level (emergency response)**

A red alert would indicate significant risk to life for even the healthy population. A red warning would be issued in conjunction with and aligned to a red NSWWS Extreme Heat warning. Severe impacts would be expected across all sectors with a coordinated response essential.



## 2.0 Notification – Escalation and Stand Down

The Met Office provides email alerts about the risk of heatwave identifying the particular level forecast. The following will receive the alerts within Portsmouth and Southampton City Councils

- Portsmouth and Southampton Joint Emergency Preparedness, Resilience and Response Team (JEPDO)
- Portsmouth and Southampton Public Health Protection team members
- Individual departments who have signed up to Heat Health Alerts

## 2.1 Cascading Alerts

It's the responsibility of the Joint Emergency Planning Duty Officer (JEPDO) to cascade alerts received by email to the following teams in both Portsmouth and Southampton

- Council Management Teams
- Nominated team members from each local authority department
- Relevant high-risk settings such as residential homes and children's homes and day care centre
- Public Health team
- Health Protection and Wellbeing forums

A distribution list has been set up in collaboration with team members from across each council, managed by the EPRR Team and relevant services, it will be updated as required.

## 2.2 Roles and Responsibilities

Extreme heatwave conditions may require activation of the council's Joint Emergency Response Plan which details internal emergency response and recovery management arrangements. This may include the activation of an internal response structure (Gold), which is scalable and adaptable to the circumstances presented, and active participation in a multi-agency response structure (PAT/Tactical/Strategic/Recovery Coordinating Groups).

Upon notification of Heatwave conditions, the EPRR Team will determine the initial level of internal response and engagement with partner organisations.

The Joint Emergency Response Plan outlines generic roles and responsibilities for council services as part of a response to an emergency, below is an overview of key council service additional responsibilities for a heatwave response (further detailed guidance can be found in section 3):

- **Adult Social Care**

- provision of advice and guidance to high-risk settings such as care homes and day centres,
- coordination of mitigation measures that can be applied within council run high-risk settings,
- engagement with health professionals on wider impacts across the health system
- Identification and maintenance of support to vulnerable members of the community, including safeguarding arrangements

- **Children, Families and Education Services**

- provision of advice and guidance to high-risk settings such as care homes, schools and early years settings,
- coordination of mitigation measures that can be applied within council run high-risk settings,
- Identification and maintenance of support to vulnerable families, including safeguarding arrangements

- **Public Health**

- Provision of advice and guidance to health and social care settings and wellbeing forums
- Activation and management of localised Incident Management Teams (IMT) where relevant, providing escalation to wider corporate response where required,

- **Housing**
  - provision of advice and guidance to high-risk settings and vulnerable cohorts such as homelessness, sheltered accommodation, kennels (*Portsmouth only*) and workforce,
  - activation of Severe Weather Emergency Plan (SWEP)
  - coordination of mitigation measures that can be applied within council run high-risk settings.
- **Communications**
  - Provision of relevant advice and guidance to the public, staff and elected members
  - Support to multi-agency Warning and Informing emergency response structure if established.
- **Events**
  - Undertake risk assessment for any significant events taking place in the city during heatwave conditions, engage with event organisers on mitigation and planning arrangements.
- **IT**
  - Assess impact of heatwave conditions on computer server rooms and ensure robust cooling systems are in place.

Each service is responsible for assessing the impact of the heatwave conditions on vulnerable members of the community, high-risk settings and continued internal service delivery, as well as implementation of service based activities upon activation of this plan.

The EPRR team will engage with services throughout heatwave conditions, services should provide details of any severe impacts to service delivery or concerns for vulnerable people. If appropriate, the EPRR Team will escalate the response as set out in the Joint Emergency Response Plan.

### **2.3 Stand Down**

When an alert level is reduced and returns to Green level the Met Office will notify PCC and SCC EPRR Team. The JEPDO will cascade this information via the cascade system outlined in **Section 2.1**

### **3.0 UK Health Security Agency Heatwave Plan**

This plan is written in conjunction with the UK Health Security Agency (UKHSA) Adverse Weather and Health Plan and therefore should be referred to for detailed guidance and actions. It is available at the following website:

[Adverse Weather and Health Plan - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/adverse-weather-and-health-plan)

#### **Supporting Documentation and Advice / Actions for local authority services**

Local Authority services should consider a number of actions, further detailed information can be found below and by clicking on the links below.

#### **3.1 Advice for social care professionals and care home managers and staff**

This guidance provides advice to people who are in the social care sector on how to reduce the risks of hot weather to health and wellbeing. Social care managers have an essential role in disseminating and implementing this guidance in advance of and during hot weather.

#### **Who is at risk**

Older people and those with underlying medical conditions are particularly vulnerable to the effects of hot weather. This means that people living in care homes, those who are unable to care for themselves or those who require support in their daily activities are at higher risk of becoming unwell from hot weather.

#### **Main messages**

Hot weather can cause people to become unwell through dehydration, heat exhaustion and heatstroke and can increase the risk of heart attack, stroke, lung problems and other diseases.

You can reduce the risks associated with hot weather for those you care for by:

- having a plan in place for individuals you are responsible for to keep them and the home cool
- ensuring all social care staff are familiar with this guidance and your local plans before 1 June each year

- knowing who is at higher risk of heat-related illnesses and how to reduce that risk
- considering environmental changes that could reduce exposure to heat
- ensuring those you care for drink plenty of fluids throughout the day and monitor for signs of dehydration
- planning activities for times of the day when it is cooler such as the morning or evening
- keeping those you care for out of the sun at the hottest time of the day between 11am and 3pm

[Supporting vulnerable people before and during hot weather: social care managers, staff, and carers - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/supporting-vulnerable-people-before-and-during-hot-weather-social-care-managers-staff-and-carers)

### **3.2 Advice for health care professionals**

This guidance is for healthcare professionals working in community, care home or hospital environments.

This guidance offers advice for caring for people most at risk during a hot weather.

#### **Who is at risk**

In moderate hot weather, it is mainly individuals in the high-risk groups that are affected. But, during an extreme heatwave, when temperatures surpass 40°C, fit and healthy people can also be affected.

People adapt to heat via physiological responses (like sweating) and behavioural changes (changing clothes). Individuals become at risk to heat when one or more of these mechanisms is limited, for example by illness, frailty, or medication.

Consider what:

- the individual(s) risk factors are for being ill during hot weather
- can be changed to protect them
- an individual's risk is related to a combination of factors relating to their health, behaviours and environment.

High-risk factors include:

- older age, especially those over 65 years old (note change from previous guidance of 75 years of age and above)
- children under 5 years of age
- those living on their own, and who may be unable to care for themselves or socially isolated
- individuals that depend on others for routine activities
- medical conditions including: cardiovascular, kidney and respiratory conditions, diabetes, peripheral vascular disease, Parkinson's disease, obesity, or severe mental illness
- medications that potentially affect heart or kidney function or an individual's behaviour, cognition or ability to sweat
- behavioural limitations: for example cognitive impairment (such as dementia), restricted mobility, or the use of alcohol or other recreational drugs
- overexposure to heat: for example, living in a top floor flat, being homeless, or outdoor occupations and activities

### **Main messages**

You can reduce the risks associated with hot weather for those you care for by:

- adapting individual care plans to respond to hot weather
- having action plans in place for your organisation and/or place of work tailored to the local context
- knowing who is at risk
- knowing how to treat heat-related illnesses
- being alert to increased cardiovascular and respiratory complications
- considering medications that increase risk to heat
- promoting environmental and behavioural changes that could reduce the risk of hot weather

[Supporting vulnerable people before and during hot weather: healthcare professionals - GOV.UK \(www.gov.uk\)](#)

### **3.3 Looking after children and those in early years settings during heatwaves: guidance for teachers and professionals**

#### **Who is at risk**

Children's susceptibility to high temperatures varies; those under 4 years of age, who are overweight, or who are taking certain medication may be at increased risk of adverse effects. Some children with disabilities or complex health needs may be more susceptible to high temperatures. The school nurse, community health practitioner, family health visitor or the child's specialist health professional may be able to advise on the particular needs of the individual child. Support staff should be made aware of the risks and how to manage them.

#### **Main Messages**

##### **Protecting children outdoors**

During periods of high temperature, the following steps should be taken:

- children should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C
- encourage children playing outdoors to stay in the shade as much as possible
- children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn
- apply sunblock, or broad-band sunscreens with high sun protection factors (at least SPF15) to protect skin if children are playing or taking lessons outdoors for more than 20 minutes – apply generously and reapply frequently, especially after activities that remove them, such as swimming or towelling
- provide children with plenty of water (such as water from a cold tap) and encourage them to drink more than usual when conditions are hot



## Protecting children indoors

During periods of high temperature, the following steps should be taken:

- open windows as early as possible in the morning before children arrive, or preferably overnight to allow stored heat to escape from the building – it is important to check insurance conditions and the need for security if windows are to be left open overnight
- almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation
- use outdoor sun awnings if available, or close indoor blinds or curtains, but do not let them block window ventilation
- keep the use of electric lighting to a minimum
- switch off all electrical equipment, including computers, monitors and printers when not in use – equipment should not be left in ‘standby mode’ as this generates heat
- if possible, use those classrooms or other spaces which are less likely to overheat, and adjust the layout of teaching spaces to avoid direct sunlight on children
- oscillating mechanical fans can be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and may worsen dehydration
- if necessary, consider rearranging school start, finish, and play times to avoid teaching during very hot conditions
- encourage children to eat normally and drink plenty of cool water

[Looking after children and those in early years settings during heatwaves: for teachers and professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals)

### 3.4 Beat the Heat: Staying safe in hot weather

#### Who is at risk

This guidance provides advice for everyone on how to stay safe during hot weather.

Anyone can become unwell if they get too hot. However, some people are at higher risk of becoming seriously unwell.

It is important to follow this guidance so that you are prepared for hot weather and can take action to cool yourself and your home

**Main messages:**

- keep out of the sun at the hottest time of the day, between 11am and 3pm
- if you are going to do a physical activity (for example exercise or walking the dog), plan to do these during times of the day when it is cooler such as the morning or evening
- keep your home cool by closing windows and curtains in rooms that face the sun
- if you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply [sunscreen](#)
- drink plenty of [fluids](#) and limit your alcohol intake
- check on family, friends and neighbours who may be at [higher risk](#) of becoming unwell, and if you are at higher risk, ask them to do the same for you
- know the symptoms of [heat exhaustion and heatstroke](#) and what to do if you or someone else has them

[Beat the heat: staying safe in hot weather - GOV.UK \(www.gov.uk\)](#)

**3.5 Beat the Heat: Keep cool at Home – checklist**

[Beat the heat: keep cool at home checklist - GOV.UK \(www.gov.uk\)](#)

**3.6 Beat the Heat – poster**

[Beat the heat \(publishing.service.gov.uk\)](#)

## 4.0 Heat-Health Alert (HHA) action cards

The HHA action cards have been updated to reflect the [new impact-based HHA warning systems](#), which have been developed in tandem with the [Adverse Weather and Health Plan \(AWHP\)](#). The AWHP, HHA action cards and associated documents provide a broad framework for action, and local areas and organisations need to tailor these good practice suggestions to their local needs and ensure that these fit with wider local arrangements. HHAs should trigger a series of actions by different organisations and professionals as well as the public, building upon year-round planning activities to ensure hot weather preparedness.

The action cards cover the core elements of heat-health action plans recommended by the [World Health Organization \(WHO\)](#):

- longer-term development and planning
- preparation before the summer
- prevention during the summer
- specific responses to hot weather
- monitoring and evaluation

### Action Cards for:

#### 4.1 Commissioners

This Heat-Health Alert (HHA) action card summarises the suggested actions that commissioners of health or social care settings (for example commissioners of health and social care services, local authorities, directors of public health, Integrated Care Systems (ICSs)) should consider to prepare for and respond to each HHA alert type:

- actions to consider [all year round](#) to support summer preparedness
- actions to consider for [pre-summer readiness](#) and summer preparedness
- actions to consider for a [yellow alert](#)
- actions to consider for an [amber alert](#)
- actions to consider for a [red alert](#)

Summary Card for commissioners: [Heat-Health Alert summary action card for commissioners \(khub.net\)](#)

## 4.2 Providers

This Heat-Health Alert (HHA) action card summarises the suggested actions that providers of health or social care (for example GPs, primary and community healthcare, hospitals, adult social care, children's social care) should consider to prepare for and respond to each HHA alert type:

- actions to consider [all year round](#) to support summer preparedness
- actions to consider for [pre-summer readiness](#) and summer preparedness
- actions to consider for a [yellow alert](#)
- actions to consider for an [amber alert](#)
- actions to consider for a [red alert](#)

Summary card for Providers: [Heat-Health Alert summary action card for providers \(khub.net\)](#)

## 4.3 Volunteers and Community sector

This HHA action card summarises the suggested actions that the voluntary and community sector should consider to prepare for and respond to each HHA alert type:

- actions to consider [all year round](#) to support summer preparedness
- actions to consider for [pre-summer readiness and summer preparedness](#)
- actions to consider for a [yellow alert](#)
- actions to consider for an [amber alert](#)
- actions to consider for a [red alert](#)

Summary card for Volunteers and Community sector: [Heat-Health Alert summary action card for the voluntary and community sector \(khub.net\)](#)

