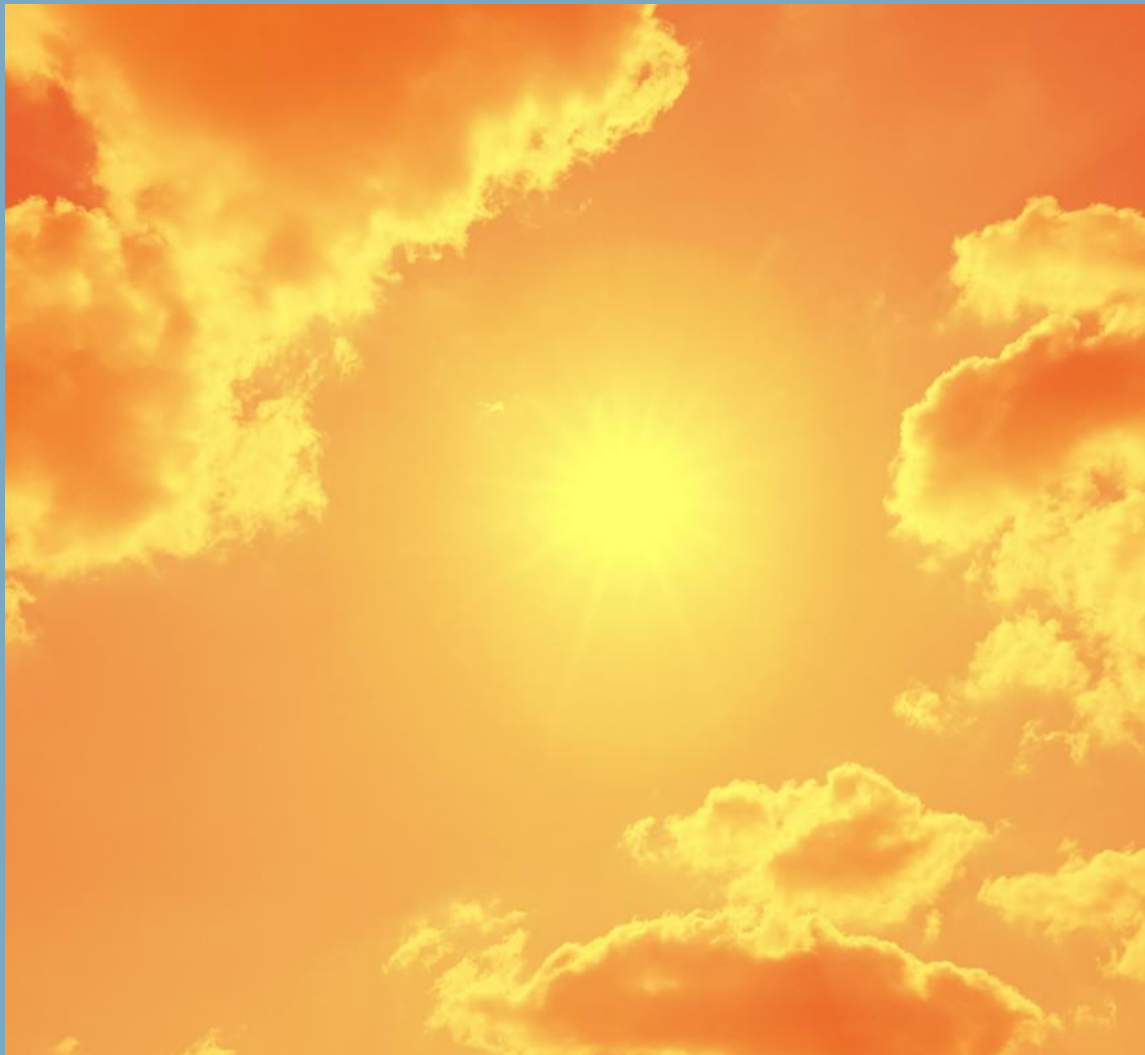


# Red heat-health alert

Please share advice to help keep residents safe

*A message from Devon County Council*



A red heat-health alert has been issued for the South West by the UK Health Security Agency from 1am on Wednesday 24 June to 11pm on Thursday 25 June. Alongside this, the Met Office has issued an amber extreme heat warning from today until Thursday 25 June.

These alerts indicate a heightened risk to health, with impacts expected across communities, particularly for those who are more vulnerable.

High temperatures can increase the risk of dehydration, heat exhaustion and more serious health issues. While anyone can be affected, some people are more vulnerable – particularly older residents, young children and those with underlying health conditions.

Simple actions can make a big difference:

- Stay hydrated and avoid the hottest part of the day (11am–3pm)
- Keep homes cool by closing curtains during the day and opening windows when it's cooler
- Limit strenuous activity during peak heat

Just as importantly, we're encouraging a strong community response. Checking in on neighbours, friends and family – especially those who may be more vulnerable or isolated – is one of the most effective ways to reduce harm during hot weather. Helping people to stay connected and supported can make a real difference.

A helpful source of advice you can share with residents is the UK Health Security Agency's guidance: Beat the heat – staying safe in hot weather.