#### **HOT WEATHER ALERT**

UKHSA and the Met Office have issued a Yellow Heat-Health Alert for the Southeast of England, London, East Midlands and East of England. The current alert is in place between 21:00 on 12th June 2025 and 08:00 on 15th June 2025.



**HOT WEATHER** 

# The direct and indirect effects of hot weather

Increasing temperatures in excess of 25°C are associated with severe illness and excess heat-related deaths in vulnerable people. **Higher temperatures** can affect your health in different ways.

### **Direct effects**







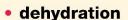


## **Indirect effects**









- heat cramps
- heat rash
- dizziness and fainting
- heat exhaustion



- heatstroke
- increased risk of lung illnesses and other diseases

- Increased demand on healthcare services
- Power outages, affecting homes and healthcare services
- Wildfires, and by association smoke inhalation

