

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.

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



- dehydration
- heat cramps
- heat rash
- dizziness and fainting
- heat exhaustion
- heart attacks
- heatstroke
- increased risk of lung illnesses and other diseases

Indirect effects



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

