
Stay safe in the soaring temperatures

25 June 2020



Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not having enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

-
- older people, especially those over 75
 - babies and young children
 - people with a serious long-term condition, especially heart or breathing problems
 - people with mobility problems – for example, people with Parkinson's disease or who have had a stroke
 - people with serious mental health problems
 - people on certain medicines, including those that affect sweating and temperature control
 - people who misuse alcohol or drugs
 - people who are physically active – for example, labourers or those doing sports

Read more about heatwave alert levels on [NHS.uk](https://www.nhs.uk) and about how the current COVID-19 pandemic will amplify the health risks from heat on [PHE.uk](https://www.phe.uk).