



Heat health alert: 18 - 22 June 2025

17 Jun 2025

Type: Heat Health Alert

Alert: Yellow alert

Impact: Low

Likelihood: Medium

Start: 18 June 2025 at 12pm

End: 22 June 2025 at 6am

Risk description

Minor impacts are likely across health and social services, including:

- increased use of healthcare services by vulnerable people
- greater risk to life of vulnerable people
- increased potential for indoor environments to become very warm

Health risks

High temperatures could give rise to health risks especially for the very young, older people and people with serious illnesses.

In a heatwave people may get dehydrated and their bodies may overheat. This can cause heat exhaustion which can cause many symptoms including; headaches, dizziness, nausea, vomiting, muscle weakness or cramps, pale skin and a high temperature.

It is important if you start to feel unwell to seek medical advice as soon as possible or it could develop into heatstroke which can cause serious health problems.

- Check the weather forecast and any high temperature health warnings at [Heat health alerts | UKHSA data dashboard](#)
- Contact NHS Choices on 111 or [NHS Online](#) for advice about heat exhaustion and heatstroke.
- [NHS advice about preparing for hot weather](#) (NHS website)

Related content

[Codes of practice \(COPs\) and risk assessment](#)

Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

Contacts

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