



Yellow heat health alert 10-15 July 2025

14 Jul 2025

Type: Heat Health Alert

Alert: Yellow alert

Impact: Medium

Likelihood: Low

Start: 10 July 2025 at 11am

End: 15 July 2025 at 10am

School are reminded to access: [Thermal comfort guidance for schools.pdf](#)

Risk description

Significant impacts are expected across health and social care services due to the high temperatures, including:

- a rise in deaths, particularly among those aged 65 and over or with health conditions. There may also be impacts on younger age groups
- likely increased demand on all health and social care services
- internal temperatures in care settings (hospitals and care homes) may exceed the recommended threshold for clinical risk assessment
- the heat affecting the ability of the workforce to deliver services
- indoor environments overheating increasing the risk to vulnerable people living independently in community and care settings
- issues managing medicines
- staffing issues due to external factors (for example, affecting transport)
- increased demand for power exceeding capacity
- other sectors starting to observe impacts (for example, travel delays)

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.

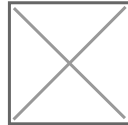
- Check the weather forecast and any high temperature health warnings at [Heat health alerts | UKHSA data dashboard](#)
- Contact NHS Choices on 111 or NHS Online for advice about heat exhaustion and heatstroke.
- [Temperature: protect workers during hot weather](#) (HSE) With temperatures increasing across much of the country, employers must ensure workers are protected during hot weather.
- [NHS advice about preparing for hot weather](#) (NHS website)
- [Looking after children and those in early years settings before and during hot weather: teachers and other educational professionals](#) (GOV.UK)

View the infographics issued by the UKHSA below:

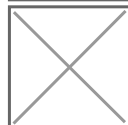


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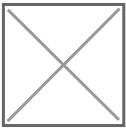
[Going out in the sun.jpg \(jpg\)](#)



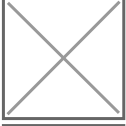
[Hot Weather Toolkit 2025.pdf \(pdf\)](#)



[Infographic hot weather.jpg \(jpg\)](#)



[Keep your home cool during hot weather.jpg \(jpg\)](#)



[Look out for people who might struggle.jpg \(jpg\)](#)



[Met Office 30 day forecast 30 June 2025.pdf \(pdf\)](#)

Related content

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

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- [No](#)

Contacts

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