

## **Weather Conditions Information**

### **Vulnerable groups**

How to prepare and respond to episodes of high temperature for those caring for people most at risk [UKSHA – Heat Summary, supporting vulnerable populations](#)  
Information and guidance for a range of professionals on how to protect population groups most at risk from the health impacts of cold weather [UKHSA Cold Weather and Health – supporting vulnerable populations](#)

Support for those who have extra communication, access or safety needs if there is an interruption to their electricity, gas or water supply <https://www.thepsr.co.uk/>

### **Key national documents and action cards**

National documents

Flooding [Personal flood plan - GOV.UK](#)

Hot weather [Beat the heat: keep cool at home checklist - GOV.UK](#)

Cold weather [How to Keep Warm in Winter | Age UK](#)

Action Cards – These summarise the suggested health related actions that organisations should take to prepare for, respond to and recover from

[Flood-health action cards - GOV.UK](#)

[Cold-Health Alerting system and action cards - GOV.UK](#)

[Heat-Health Alerting system - GOV.UK](#)

### **How to register for alerts**

Heat- Health Alerts (HHA) and Cold-Health Alerts (CHA) [Weather-Health Alerting system registration form](#)

Flood warnings [Get flood warnings by text, phone or email - GOV.UK](#)

Toolkit for 10-16 year olds about preparing for and coping with extreme weather events [Weather Together climate change resource | British Red Cross](#)

### **Working with people and communities – how you can share key messages and address perceptions and preparedness.**

Evidence- based recommendations to support you to prepare for and respond to different adverse weather hazards to reduce health risks [Adverse Weather and Health Plan: Supporting evidence](#)

Information on how to plan for severe weather [Community Resilience - Met Office](#)

A government website on how to prepare for emergencies, be informed about hazards and activities to support your community [Prepare - Prepare](#)

How to prepare and stay safe in an emergency [Home | Derbyshire Local Resilience Forum](#)

Not all individuals will recognise the impact that the weather can have on their health and wellbeing [Health perceptions for adverse weather conditions](#).