

Staying safe in adverse weather

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FY2 Public Health

Aims

- Describe weather that is harmful to health
- Describe who is vulnerable
- Describe the effects of temperature on health in these groups
- How we can deal with extremes of weather to prevent death
- The future of our climate and the challenges ahead

What is dangerous weather?

- Cold

- Less than 2°C, 48hrs

- Hot

- Thresholds 29°C daytime, 15°C night time

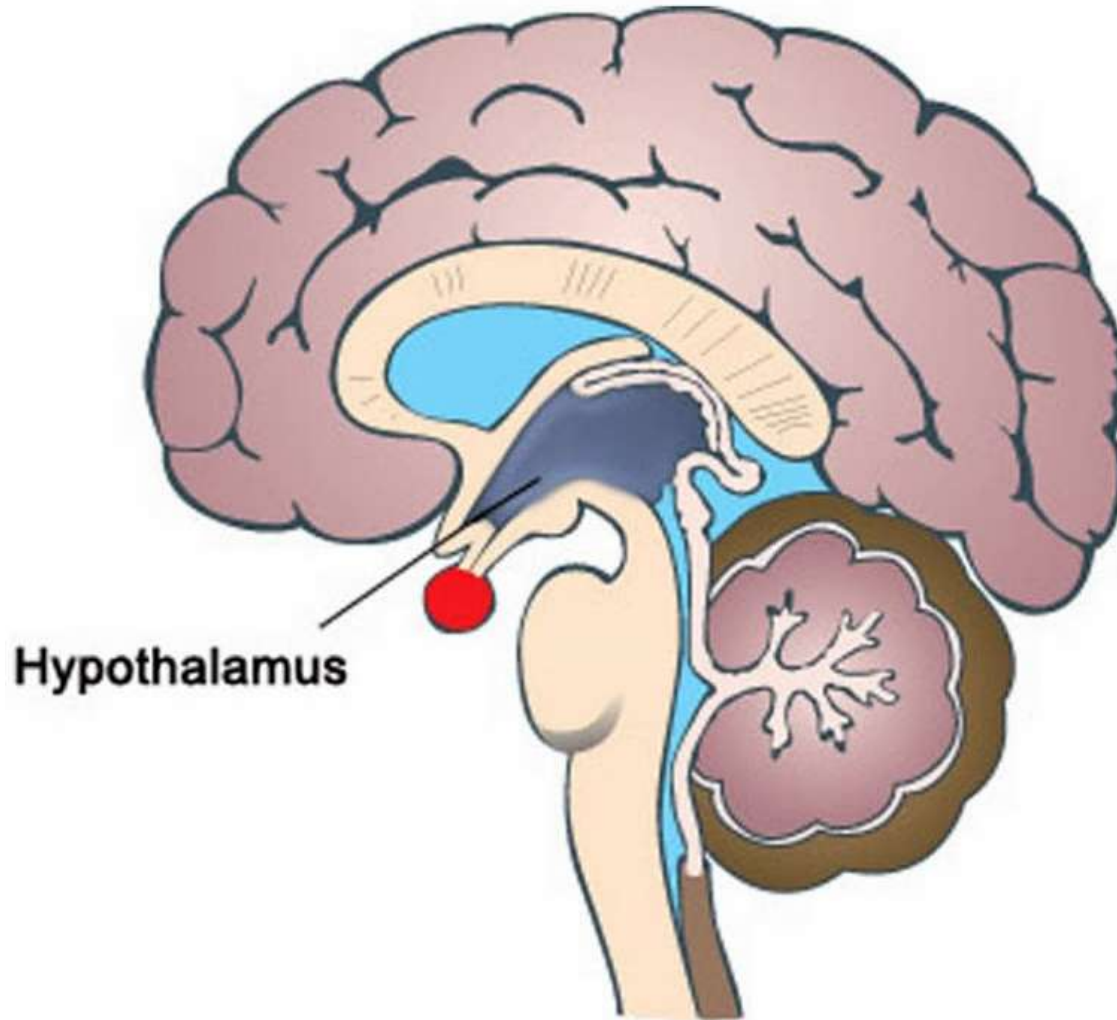
- 2% increase in mortality per 1°C increase



Vulnerable Groups



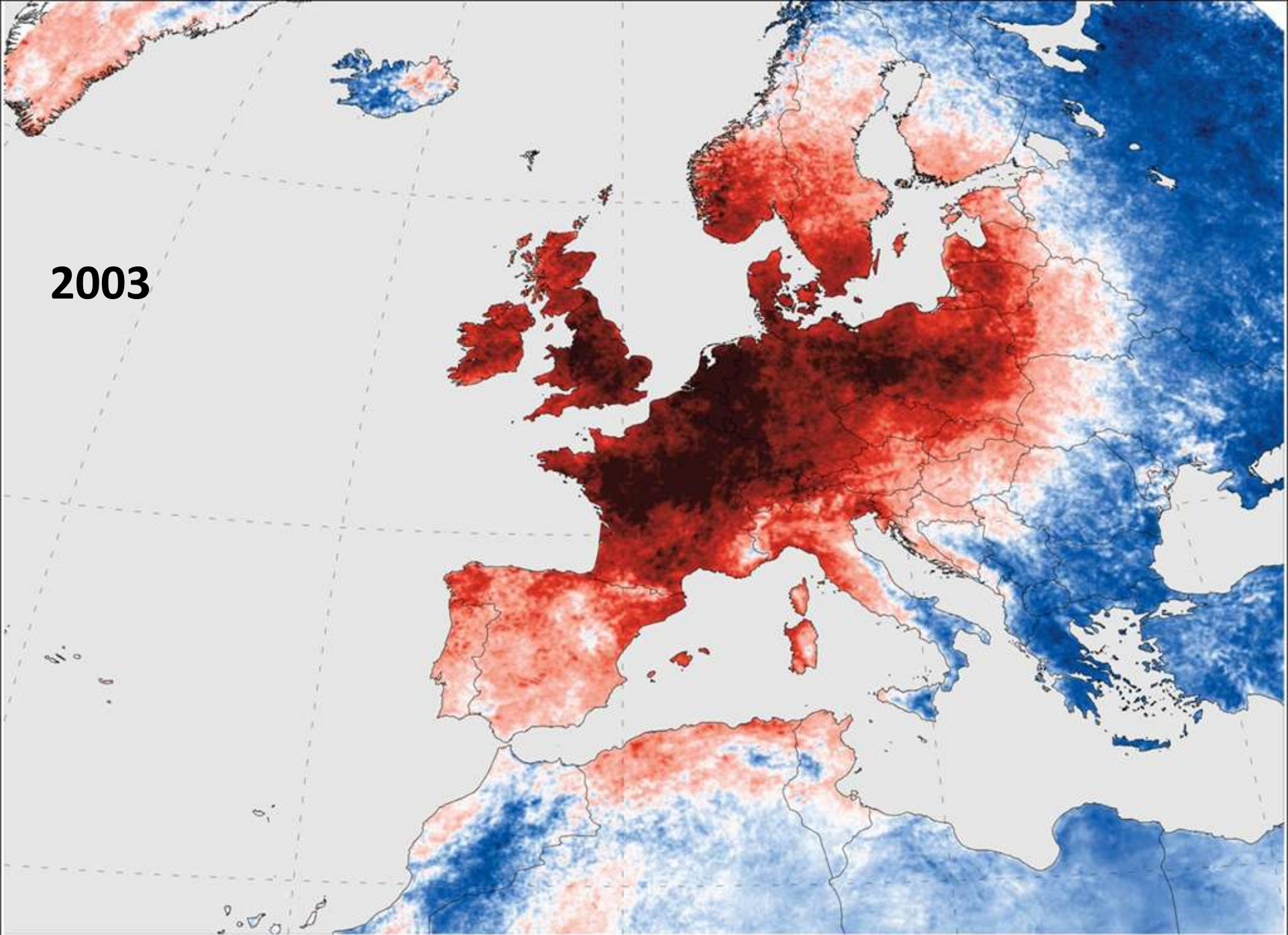
Regulating Heat



Winter 1962-1963

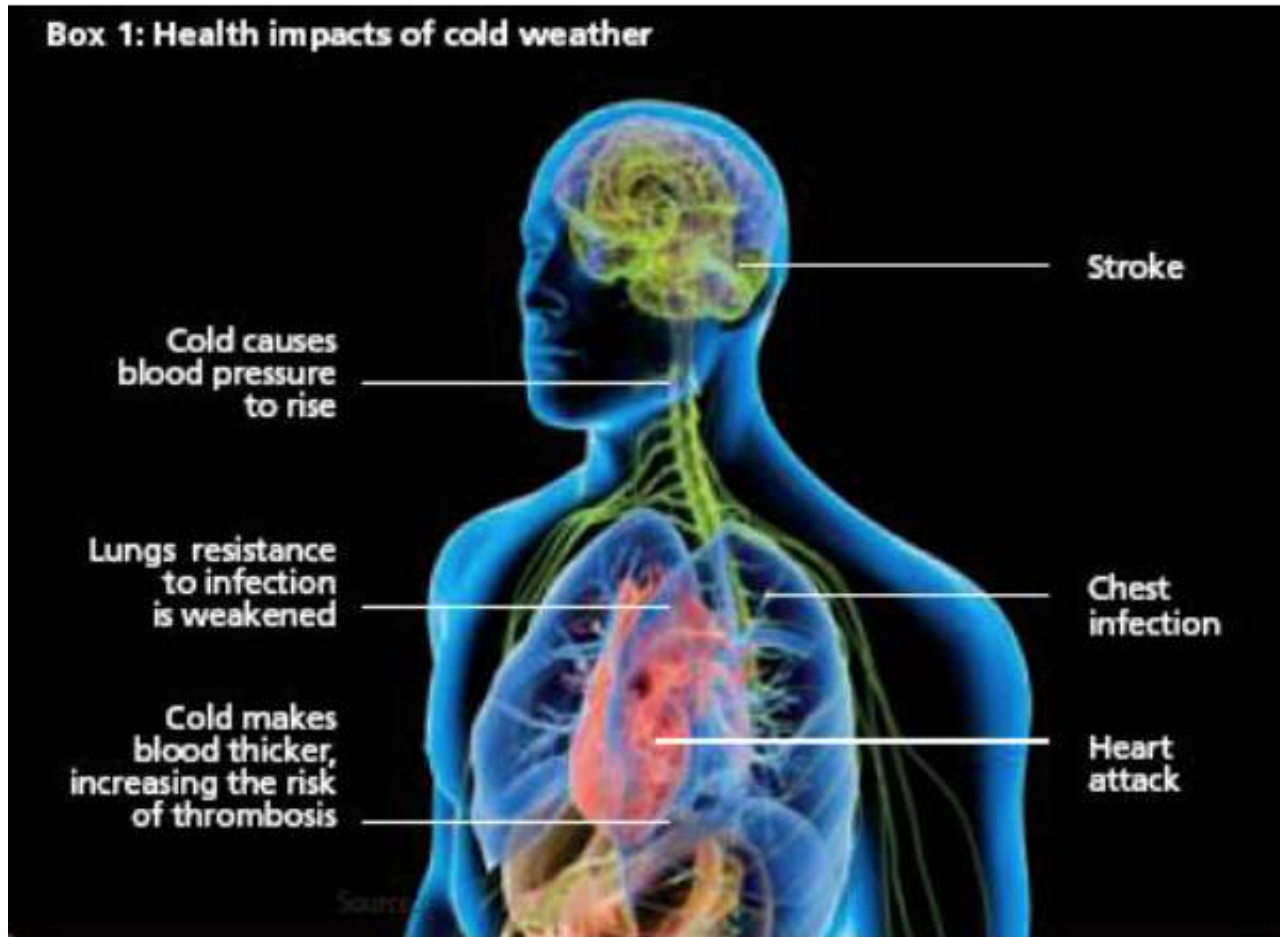


2003



Temperature Anomaly (°C)

Impact of cold weather



The Harm of Heat



- Heat worsens pollution → breathing problems
- Heart failure

The Harm of Heat

- Heat Cramps
- Heat Oedema
- Heat Rash
- Heat Syncope



- Diarrhoea and Vomiting – Spoiled food

Heat Illness

- Heat Exhaustion
 - Not enough water/salt
 - malaise, vomiting and circulatory collapse
 - 37°C and 40°C.
- Heat Stroke
 - Medical emergency
 - > 40°C
 - Confusion, disorientation, fits, unconsciousness, hot dry skin

Level 0 Year-round planning
All year



Level 1 Winter preparedness and action programme



Public Health Strategies

**Keep Warm
Keep Well**

Information for...
Over 60s
Low-income families
People living with a disability

- Maintaining 18°C
- Financial support
- GP/Vaccination
- Community resilience

Beat the Heat

- Communication
 - Forecasts & News
 - Look out for others
 - Plan your activities
- Keep well
 - Drinking plenty
 - Appropriate dress
 - Slow down
- Stay cool
 - Avoid enclosed spaces

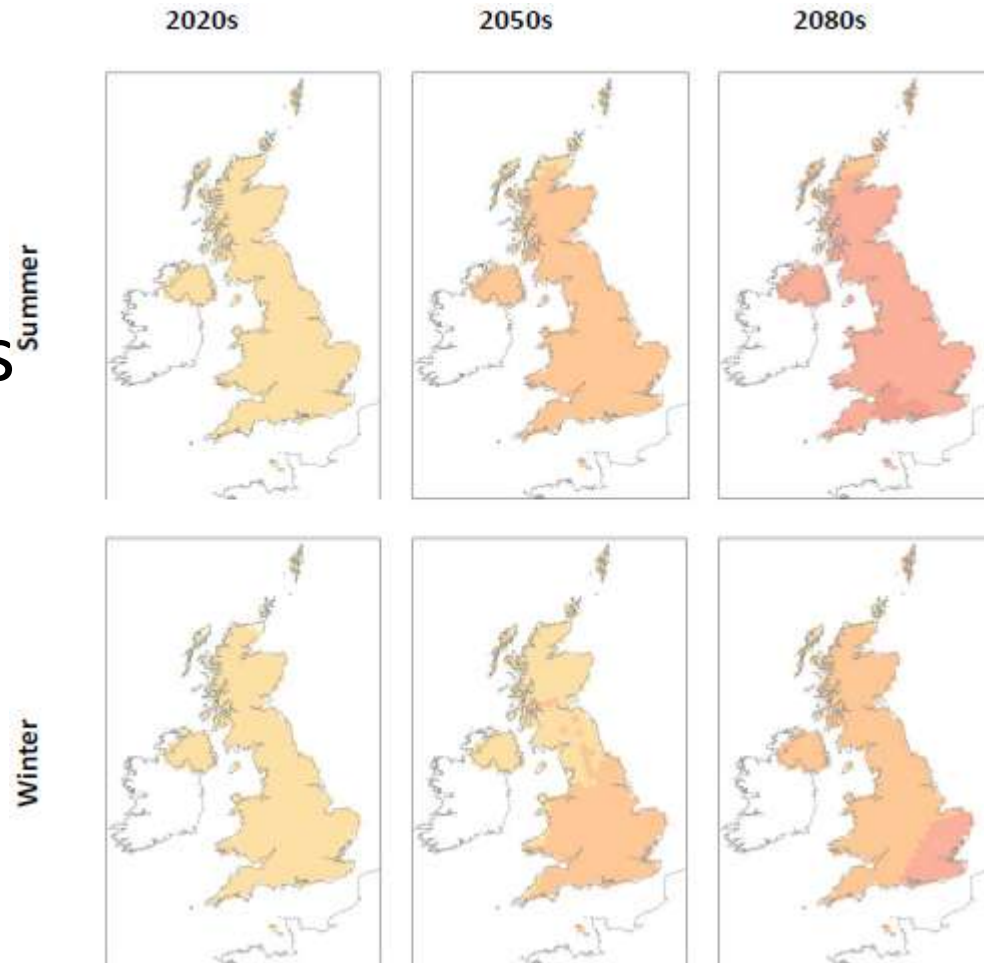
Getting Help

- Hot:
 - First Stop Care Advice (**0800 377 7070**)
- Cold:
 - Winter fuel payments
 - Cold Weather payments
 - Energy company obligations
 - Warm Home Discount scheme
- <http://www.nhs.uk/staywell/>
- Energy Saving Advice Service on **0300 123 1234**



Climate Change

- 0.25°C
- 2-5°C
- X2 the risk
- 70% increase in 2020s
- 540% in the 2080s



Summary

- 4-8°C or above 29°C
- Elder populations are vulnerable to temperature
- Heat exhaustion & heat stroke
- Lung and Heart disease
- Beat the Heat, Stay Warm Stay Well
- Our climate is change towards extremes