

Severe weather – other hazards

Gale force winds or storms – may cause loss of power, disruption to transport and damage to property.

Before a gale – If a gale is predicted:

- Secure loose objects in your garden
- Secure doors, windows and garages
- Park vehicles in a garage or in a place clear of buildings, trees and fences

During a gale: Go in, Stay In, Tune In.

After a gale:

- Do not touch electric / telephone cables which may have been blown down.
- Check on vulnerable neighbours and relatives.
- Make arrangements for any structural repairs and check on general household maintenance.

Snow and Ice

Not only do snow and ice make driving conditions hazardous but low temperatures can also affect people in your community – check on any vulnerable neighbours.

Use main roads when planning your journeys; these are likely to have been gritted.

Don't travel unless you really have to. If you do have to travel inform a family member or friend of your journey and expected arrival time.

Wear several layers of clothing to keep warm. Remember to wear a hat – up to half of your body heat is lost through your head!

If you were to get stranded in your car due to severe weather, it is a good idea to carry an emergency kit in your vehicle. This should include:

- A mobile phone and car charger kit.
- A personal emergency contact list.
- A First aid kit.
- A Waterproof coat, warm clothes and footwear.
- A blanket.
- Food and water.

You may wish to carry a shovel with you in case you get stranded in heavy snow.

Check the Highways Agency website for more information:

www.highways.gov.uk



**Ring NHS Direct -
24 hours a day, 365 days a year
on 0845 4647 or visit their
website: www.nhsdirect.nhs.uk**



Dense Fog can hide hidden dangers – to drivers and pedestrians.

If you have to drive, do so very slowly, with dipped headlights, keep an eye on your speed, use fog lights and don't hang on the tail lights of the car in front.

Watch out for freezing fog which is made of water droplets that freeze on contact with objects such as the pavement, road, car, etc. It can quickly form a layer of ice.

Heatwave

Most of us enjoy sunny weather, but extreme heat can seriously damage your health; you could get dehydrated and overheat, causing exhaustion or heatstroke.

Keep yourself cool to avoid this, drink regularly, and seek medical advice if you have any concerns. Keep an eye on vulnerable neighbours, particularly the elderly.