



**Isle of Wight
Council**

Isle of Wight Council

**Cold Weather Plan
2025/26**

OFFICIAL

1 Document Information

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Version	Date	Description
V1.0	2019	First Published
V2.0	3/11/2020	Updated plan as follows: • Included references to the COVID-19 pandemic (including guidance and plans) and COVID-19 emergency response structures

		- Updated table 1 to reflect additional considerations in the actions to be taken at different alert levels bearing in mind the COVID-19 response - Updated the local council response (Section 5) in view of updates to the silver response as reflected in the IWC Emergency Response Plan - Revised text to align with the Cold Weather Plan for England 2020 Updated links to plans and documents
V3.0	27/10/2021	Updated plan as follows To reflect the change from PHE to UKHSA
V4.0	24/10/2022	- Updated plan as follows - Revised text to align with the Cold Weather Plan for England 2022 - Updated to include learning from response to extreme hot weather events over summer 2022 Added reference to new IWC Severe Weather Arrangements Plan
V5.0	10/10/2023	Updated plan to reflect the publication of the UKHSA Adverse Weather and Health Plan
V6.0	04/10/2024	Updated dates and links to guidance/websites (where these have changed). Included links to summary action cards and removed Appendix 5 as advice superseded by that found in national guidance. Updated text for draft emails for EMT to cascade to include links to guidance.
V7.0	16/10/2025	Updated dates and links. Further information has been provided on how to find the UKHSA Weather alerts. Updated comms plan in Appendix 4

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3 Introduction

3.1 How this plan developed

The Isle of Wight Council's Cold Weather Plan (CWP) sets out the council's response arrangements to cold weather as part of its service delivery. This plan has been prepared by the Public Health Team in close consultation with the Emergency Management Team (EMT) and has been updated based upon the [United Kingdom Health Security Agency \(UKHSA\) Adverse Weather and Health Plan \(AWHP\)](#) which was published on 27th April 2023 and updated annually.

The council's Cold Weather Plan should be considered alongside the council's [Emergency Response and Recovery Arrangements](#), which sets out the response and recovery structures that may be enacted to respond to an incident. Additionally, the council's Severe Weather Arrangements Document sets out response and recovery actions and considerations for the wider consequence management of weather impacts. For advice on access to the latter please contact the council's Emergency Management Team (EMT).

3.2 Why this plan is needed

Cold weather increases the risk of heart attacks, strokes, lung illnesses, influenza and other diseases. People slip and fall in the snow or ice, sometimes suffering serious injuries. Some groups, such as older people, very young children, and people with medical conditions are particularly vulnerable to the effects of cold weather. Because of this, there is a need to plan for these weather events and identify simple precautions that can be taken and how this will be communicated with the local community.

The Office for National Statistics (ONS) estimated that 10,890 excess winter deaths occurred in England and Wales in winter 2022 to 2023. Excess deaths are not just deaths of those who would have died anyway in the next few weeks or months due to illness or old age. There is strong evidence that some of these winter deaths are indeed 'extra' and are related to cold temperatures and living in cold homes, as well as infectious diseases such as influenza. Further information can be found in [AWHP Supporting Evidence](#).

3.3 Aim

The aim of this plan is to define the Isle of Wight Council's response arrangements to cold weather in the local area.

3.4 Objectives

The aim will be achieved through the following objectives:

- Define the circumstances that would result in activation of the plan.
- Define activation and notification arrangements.
- Define the Isle of Wight Council roles and responsibilities.
- Define multi-agency roles and responsibilities where appropriate.
- Outline resident information and media arrangements.
- Outline recovery arrangements.
- Describe how this plan links together with other emergency plans, such as task specific plans, statutory plans and service areas business continuity arrangements

3.5 Scope

This plan applies to cold weather which affects or occurs within the administrative boundaries of the Isle of Wight. The plan focuses on the response and interventions to protect individuals from the health effects of cold temperatures and not those for ice and snow and other winter related risks e.g., storms, the response to which is set out in the council's Severe Weather Arrangements Document.

The plan pulls together the key responsibilities of council services. It does not include other agencies' plans or Hampshire and Isle of Wight Local Resilience Forum (HIOW LRF) co-ordination which is detailed in individual or LRF plans (e.g., HIOW LRF Emergency Response arrangements or the HIOW LRF Managing the Deceased during an Emergency Framework). Furthermore, the plan does not replace the council's service level plans and in-house business continuity plans, these remain central to the local area response.

3.6 Protective Marking

This document has been given the security classification of 'OFFICIAL' as the author of this document has assessed this as an official document but does not require the higher level of 'OFFICIAL SENSITIVE'

4 Cold Health Alerts

The AWHP aims to protect individuals and communities from the health effects of adverse weather and to build community resilience. It aims to 'prepare for, alert people to, and prevent, the major avoidable effects on health during periods of cold weather in England'. This is done by raising public awareness and triggering actions in the NHS, local authorities and other community organisations to support vulnerable people who have health, housing, or economic circumstances that increase their vulnerability to cold weather.

The council's Cold Weather Plan and the [Adverse Weather Health Plan](#) (AWHP) are underpinned by a system of cold health alerts (CHAs). The CHA system operates in England from 1 November to 31 March each year. The alerts are distributed by UKHSA in partnership with the Met Office. From June 2023, the Weather-Health Alerts (Heat-Health and Cold Health) moved to **impact-based alerting**, indicating potential health-sector impacts and likelihood of those impacts occurring based on the forecast temperatures.

The AWHP [user guide for impact based weather alerting system](#) explains the alerting colours and risk matrix. This guide has been updated to show the importance of the yellow weather alerts.

5 Notification of changes in alert levels, escalation and standdown

5.1 Notification of Alerts

Cold health alerts (CHAs) will be issued by UKHSA in partnership with the Met Office. They will contain headline weather conditions expected in the forthcoming days, an outline of what impacts might be expected, brief overview of regional impacts, a mapping element for quick reference and links to additional information, advice and guidance. Services can receive alerts directly from the Met Office by visiting - [Met Office \(govdelivery.com\)](https://www.govdelivery.com).

Alerts can also be monitored via a [UKHSA Weather-Health Alert](#). Updates can be found by proceeding to the Cold Weather Alerts tab and selecting Southeast.

The following will receive the alerts within the Isle of Wight Council:

- Public Health assigned team members.
- Isle of Wight Council Emergency Management Team.
- Individual departments who have signed up to the alerts.

5.2 Cascading of Alerts

The Emergency Management Duty Officer (EMDO) will cascade all received alerts by email to:

- The council's senior duty officers
- Nominated team members from each local authority department
- Public Health Team – Director of Public Health, Consultant in Public Health, Health Protection Senior Practitioner and IOW Service Manager
- Voluntary sector community leads.

A distribution list (EM - extreme temperatures) has been set up in collaboration with team members from across the council. The master copy is held by the Emergency Management Team (EMT) and will be updated to reflect service changes within the

council. The responsible internal LA departments notify and advise their staff and external stakeholders including:

- Social services
- Day care services
- Residential homes and children's homes
- Schools and nurseries
- Children's centres
- Voluntary sector organisations including Age UK
- Nursing and rest

The above organisations should be encouraged to sign up to receive alerts directly from the Met Office.

5.3 Actions for council directorates

Table 1 provides an overview of the different alert levels, the corresponding IWC response level and a summary of key actions relevant to council directorates and services.

UKHSA AWHP CHA Level	Possible Impacts	IWC Actions
Green (Year-round Planning – all year)	Year-round planning is required to build resilience and reduce the impact of cold weather and climate change	Work across directorates within the Isle of Wight Council and partner agencies (i.e. those part of the multiagency resilience meeting), incorporating agreements into joint strategic plans to prepare for and mitigate the impact of cold weather. This will include work on: • How to identify and improve the resilience of those individuals and communities most at risk. • Identifying and reviewing advice/information that will be useful to share. • Ensuring that a local, joined-up programme is in place covering: ○ Housing, loft and wall insulation and other plans to reduce internal energy use and heat production. ○ Engaging the community and voluntary sector to support the development of local emergency plans. ○ Make progress on relevant Public Health Outcome Framework (PHOF) indicators and ensure a robust annual flu vaccine programme.
Green (Winter-preparedness and action – 1st November to 31st March)		• Work with partner agencies, providers and businesses to coordinate cold weather plans ensuring vulnerable groups are appropriately supported. • Work with partners and staff on risk reduction awareness (e.g. key public health messages) by using a variety of methods to maximise dissemination. Ensure joined up messaging for infectious diseases such as COVID-19, Influenza vaccination and cold weather are part of communications and awareness-raising efforts.

UKHSA AWHP CHA Level	Possible Impacts	IWC Actions
		• Ensure the Isle of Wight NHS Trust and adult social care settings are aware of the national adverse weather plan and the Isle of Wight Council's preparedness activities and various guidance documents available to them. Also ensure they are engaged in cold weather preparations. This includes making adequate business continuity arrangements due to staff absence and mitigating risks to health of vulnerable populations and frontline staff from co-circulating infectious diseases such as COVID-19 and Influenza, as well as other winter illnesses. • Continue to engage the community and voluntary sector to support communities to help those most at risk. • Ensure other institutional establishments such as Her Majesty's Prison Isle of Wight and local schools are aware of cold weather guidance and make adequate business continuity arrangements and plans for Influenza vaccine provision.
Yellow (Response)	These alerts cover a range of situations. Yellow alerts may be issued during periods of cold weather which would be unlikely to impact most people but could impact those who	• Emergency Management to communicate YELLOW email alert (Appendix 1) to all nominated service contacts and make sure that they are aware of cold weather plans. • Communicate public media messages – especially to seldom heard vulnerable groups, bearing in mind the need to ensure joined up messaging around cold weather. • Implement business continuity plans, where required

UKHSA AWHP CHA Level	Possible Impacts	IWC Actions
	are particularly vulnerable.	• Increase advice to health and social care workers working in the community, care homes and local hospital, with joined up information about cold weather, Influenza, and infectious diseases such as COVID-19.
Amber (Enhanced Response)	An amber alert indicates that weather impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk. Non-health sectors may also start to observe impacts and a more significant coordinated response may be required	Actions as per yellow alert but consider need to enhance public messaging on risks. • Emergency Management to communicate AMBER e-mail alert (Appendix 2) to all nominated service contacts and make sure that they are aware of cold weather plans. ○ Media alerts about keeping warm, bearing in mind the need to ensure joined up messaging around cold weather, Influenza, and infectious diseases such as COVID-19. Consider need for additional messaging to social care staff/settings, education settings, or event organisers. ○ Review safety of public events. • Mobilise community and voluntary support and ensure links with established structures for the provision of support to vulnerable people. • Ensure that commissioned services are checking vulnerable clients identified as high risk and taking remedial actions. ○ Implement business continuity plans, where required. ○ Director of Public Health to risk assess impact on the local population and will liaise with EMT to consider standing up the council's Silver Group. • At this level a multi-agency teleconference could be initiated by any agency. (see Section 3.3.2)

UKHSA AWHP CHA Level	Possible Impacts	IWC Actions
Red (Emergency response)	Illness and death may occur among the fit and healthy	Red alerts indicate a national emergency with a risk to life for the general population, with wide ranging temperature impacts outside the health sector. Actions as per amber unless advised to the contrary. • Emergency Management to communicate RED e-mail alert (Appendix 3) to all nominated service contacts and make sure that they are aware of cold weather plans. • Set up Silver Command. • A senior officer will represent the council at multi-agency meetings.

Table 1: Levels of response and local authority staff actions

Suggested actions for commissioners and providers of health and social care services are provided in national guidance (see Section 4). There is also additional guidance relating to [emergency planning and response for education, childcare, and children's social care settings](#) which includes considerations for these settings when responding to CHAs.

5.4 IWC Command and Control Arrangements

For Amber and Red CHAs, a risk assessment undertaken by the DPH and/or their deputies will be discussed with the EMT and a decision taken to activate the council's internal command and control arrangements as defined in the council's [Emergency Response and Recovery Arrangements \(ERRA\)](#). This plan focuses on the roles and responsibilities of the council and describes the council's response framework which uses a gold, silver and bronze management structure. For cold weather incidents in the local authority area, it is anticipated that command and control structure will operate from a Silver group level.

The Silver chair will be provided by Public Health, but in the absence of this the DPH can request an alternative chair by contacting the EMT to identify a nominated Silver Commander. It may be the case that a Silver Group is required to deal with wider consequence management from extreme temperatures alongside the health impacts. In this case, a discussion will take place between the EMT and the Public Health Team to determine who is the most appropriate chair for the meetings. The Silver chair is expected to represent the council at an Island Tactical Coordinating Group if this is also established.

The Silver chair will report into the nominated Gold commander or relevant senior manager if the Gold Group is not activated. If the Gold Group is activated, the Silver Group chair will report into the Gold Group. The Silver chair will take on the role of the Emergency Control Centre (ECC) manager should the Silver Group sit physically and it is determined that an ECC is required. The agenda for the Silver Group meetings can be found in the council's ERRA. The Silver Group chair will be supported by the EMT through the Emergency Management Duty Officer (EMDO) in the initial stages of the response. Further details on the role of the chair and Silver Group members can be found in the council's ERRA and relevant group or cell handbook.

The structure of the Silver Group will meet the needs of the response in terms of the cells that need to be established and for which a description can be found in the

ERRA. When the Silver Group is established a walk-through of arrangements will be undertaken to understand what is needed.

5.5 Multi-agency response arrangements

Should these be established, multi-agency structures will be coordinated through the Hampshire and Isle of Wight Local Resilience Forum (HIOW LRF) as per the ERRA. For the purposes of a cold weather incident, it is unlikely that it will affect the Isle of Wight in isolation to the rest of Hampshire. On this basis, the only response structures likely to be utilised are the HIOW LRF Partners Activation Teleconference (PAT), although if deemed necessary Island based responders can also convene an Island Partners Activation Teleconference (IPAT)) during the initial stages of the response and the Island Tactical Coordinating Group (ITCG) which will feed Island based information into the HIOW LRF Strategic Coordinating Group (SCG) if this is activated.

5.6 Stand down

The EMDO will inform staff via the cascade when the Cold Health Alert has come down.

If activated, the decision to stand down the Silver Group response will be taken by the Silver Group Chair in consultation with the Silver Group members. At this point consideration will be given to whether any formal recovery arrangements need to continue or whether any recovery activities can be dealt with under business-as-usual arrangements. Any requirement for formal recovery arrangements will be undertaken in line with Section 10 of the council's [Emergency Response and Recovery Arrangements](#).

5.7 Debrief and lesson identification

Following a Cold Health Amber or Red Alert which has impacted significantly on services and departments within the council, an internal council debrief should be considered based upon the level of impact experienced to ensure actions were taken by each Department to identify any areas where improvements could be made, or

good practice shared with internal or external colleagues. This will be facilitated by the Public Health / Emergency Management Team (EMT). This should be completed within 6 weeks following the incident in line with the council's [Emergency Response and Recovery Arrangements](#).

Multi-agency debriefs will be carried out in accordance with the HIOW LRF Debrief Guidance, and a nominated Council Officer(s) would be required to attend the debrief, to share good practice, to learn from others and to identify area for improvement to the multi-agency response.

5.8 Record keeping

It is important for all staff to keep accurate and comprehensive records of response efforts during any incident.

The council's [Emergency Response and Recovery Arrangements](#) and the council's Corporate document retention policy should be referenced for more information on how to ensure record keeping is done well and that the information kept is useful for the council's debrief activities.

6 Links to Advice

6.1 Adverse weather and health plan

It is vitally important that the [Adverse Weather and Health Plan](#) and [Cold Weather guidance and advice](#) is referred to for planning and guidance on actions.

In particular, the [AWHP Supporting Evidence](#) identifies key groups who are especially vulnerable to the effects of cold weather. These include:

- older people aged over 65 years old
- people with pre-existing chronic medical conditions such as heart disease, stroke or transient ischaemic attack (TIA), chronic obstructive pulmonary disease or diabetes
- people with mental ill-health that reduces individual's ability to self-care (including dementia)
- pregnant women (in view of potential impact of heat and cold on risk of preterm birth)
- children under the age of 5
- people with learning difficulties
- people assessed as being at risk of, or having had, recurrent falls
- people who live alone and may be unable to care for themselves
- people who are housebound or otherwise low mobility
- people living in deprived circumstances
- people living in houses with mould
- people who are fuel poor
- people experiencing homelessness or people sleeping rough
- other marginalised or socially isolated individuals or groups

6.2 Guidance for local authority services and organisations supporting vulnerable people

Detailed sector-specific action information and advice can be found by clicking on the following links:

[Cold-Health Alert action card for commissioners](#)

[Cold-Health Alert summary action card for commissioners](#)

[Cold-Health Alert action card for health and social care providers](#)

[Cold-Health Alert action card for the voluntary and community sector](#)

[Cold-Health Alert summary action card for voluntary and community sector](#)

[Supporting vulnerable people before and during cold weather: for adult social care managers](#)

[Supporting vulnerable people before and during cold weather: healthcare professionals](#)

[Supporting vulnerable people before and during cold weather: people homeless and sleeping rough](#)

[Looking after children and those in early years settings before and during cold weather](#)

6.3 Information for the public

[Keep Warm Keep Well](#) - This provides advice on staying warm over the winter and checking on neighbours and relatives who may be vulnerable during cold weather, in order to reduce illness and deaths. Materials will continue to be available online to help local organisations communicate with the public.

The Age UK leaflet [Top Tips for Keeping Warm and Well](#) identifies easy things people can do to help themselves stay healthy over the winter.

Local information and advice regarding severe weather issues, such as power cuts and water issues, can be found on the IWC website: [Cold conditions, snow and ice \(iow.gov.uk\)](#)

[‘The NHS provide flu and COVID-19 vaccinations free of charge to eligible people.’](#)

On the 1st October the new winter vaccination campaign began. This campaign aims to help those with long-term health conditions (particularly respiratory conditions), 65 or over, pregnant women and parents of under-5s stay well and keep their loved ones well this winter.

The campaign focuses on Seasonal Flu and COVID-19 vaccinations as the best way to protect ourselves, our families, and our friends this winter: Please find information about COVID-19 vaccinations [here](#) and seasonal flu vaccinations [here](#).

7 Appendices

7.1 Appendix 1: Draft EMDO email for yellow alerts

Email Subject: Severe Winter Weather - YELLOW - Alert and Readiness – ACTION REQUIRED

Colleagues,

Please find attached the latest details from the UK Health Security Agency and the Met Office advising of a YELLOW Cold Health Alert.

YELLOW Cold-Health Alert: (cold weather response) has been issued for the following regions xxxx and is in effect between XXXX and XXXX.

General overview: Minor impacts are probable across the Health and Social Care Sector, including increased use of healthcare services by the vulnerable population, increase in mortality among vulnerable individuals and increased potential for indoor environments to become very cold.

Please can you ensure that your relevant staff are made aware of this message and their responsibilities for a YELLOW alert, as set out in the council's Cold Weather Plan, which can be found in the 'Response plans' section [here](#).

Additional Actions:

- **Health and Social Care commissioners**, please can you ensure that this is distributed to providers and that you provide them with a designated point of contact should they require any advice or support

- **IWC Licensing**, please can you pass on details of the cold weather warning to the event organisers of any events taking place within the warning period.

- **IWC Comms**, please can you liaise with NHS Communications and Public Health to put social media comms live through the usual channels (agreed template press release in Appendix 4 of the council's Cold Weather Plan, and within the [Adverse Weather and Health Plan](#)).

- **Premises Development**, please can you distribute this message to schools for them to consider any actions that they may wish to take in light of the forecast unless alert falls within school holidays and signpost to this guidance: [Looking after children and](#)

[those in early years settings before and during cold weather: teachers and other educational professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/early-years-settings-before-and-during-cold-weather)

- **Emergency Management** will be liaising with key council service areas and multi-agency partners to ensure a coordinated approach should the situation escalate

We will continue to monitor the situation and issue updates as necessary.

Kind regards,

Emergency Management Duty Officer

7.2 Appendix 2: Draft EMDO email for amber alerts

Email Subject: Severe Winter Weather - AMBER – Severe weather action – ACTION REQUIRED

Colleagues,

Please find attached the latest details from the UK Health Security Agency and the Met Office advising of an AMBER Cold Health Alert.

AMBER Cold-Health Alert: (enhanced cold weather response) has been issued for the following regions xxxx and is in effect between XXXX and XXXX.

General overview: Significant impacts are probable across the health and social care sector due to the low temperatures, including: observed increase in mortality across the population likely, particularly in the 65+ age group or those with health conditions, but impacts may also be seen in younger age groups.

Please can you ensure that your relevant staff are made aware of this message and their responsibilities for an AMBER alert, as set out in the council's Cold Weather Plan, which can be found in the 'Response plans' section [here](#).

Additional Actions:

- **Health and Social Care commissioners**, please can you ensure that this is distributed to providers and that you provide them with a designated point of contact should they require any advice or support
- **IWC Licensing**, please can you pass on details of the cold weather warning to the event organisers of any events taking place within the warning period.
- **IWC Comms**, please can you liaise with NHS Communications and Public Health to put social media comms live through the usual channels (agreed template press release in Appendix 4 of the council's Cold Weather Plan, and within the [Adverse Weather and Health Plan](#)).
- **Premises Development**, please can you distribute this message to schools for them to consider any actions that they may wish to take in light of the forecast unless alert falls within school holidays and sign post to this guidance: [Looking after children](#)

[and those in early years settings before and during cold weather: teachers and other educational professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/and-those-in-early-years-settings-before-and-during-cold-weather-teachers-and-other-educational-professionals)

- **Emergency Management** will be liaising with key council service areas and multi-agency partners to ensure a coordinated approach should the situation escalate

We will continue to monitor the situation and issue updates as necessary.

Kind regards,

Emergency Management Duty Officer

7.3 Appendix 3: Draft EMDO email for red alerts

Email Subject: Severe Winter Weather - RED - Severe Weather Action– ACTION REQUIRED

Colleagues,

Please find attached the latest details from the UK Health Security Agency and the Met Office advising of a RED Cold Health Alert.

RED Cold-Health Alert: (emergency cold weather response) has been issued for the following regions xxxx and is in effect between XXXX and XXXX.

General overview: Significant risk to life: impacts are expected across the health and social care sector due to the low temperatures, including: observed increase in mortality across the population, particularly in the 65+ age group or those with health conditions, but impacts may also be seen in younger age groups.

Please can you ensure that your relevant staff are made aware of this message and their responsibilities for a RED alert as set out in the council's Cold Weather Plan, which can be found in the 'Response plans' section [here](#).

Additional Actions:

- **Health and Social Care commissioners**, please can you ensure that this is distributed to providers and that you provide them with a designated point of contact should they require any advice or support

- **IWC Licensing**, please can you pass on details of the cold weather warning to the event organisers of any events taking place within the warning period.

- **IWC Comms**, please can you liaise with NHS Communications and Public Health to put social media comms live through the usual channels (agreed template press release in Appendix 4 of the council's Cold Weather Plan, and within the [Adverse Weather and Health Plan](#)).

- **Premises Development**, please can you distribute this message to schools for them to consider any actions that they may wish to take in light of the forecast unless alert falls within school holidays and sign post to this guidance: [Looking after children and those in early years settings before and during cold weather: teachers and other educational professionals - GOV.UK \(www.gov.uk\)](#)

- **Emergency Management** will be liaising with key council service areas and multi-agency partners to ensure a coordinated approach should the situation escalate

We will continue to monitor the situation and issue updates as necessary.

Kind regards,

Emergency Management Duty Officer.

7.4 Appendix 4: Suggested Text for IWC Messaging for YELLOW, AMBER or RED Cold Health Alerts

7.4.1 Suggested IWC social media public health messaging for a YELLOW and AMBER CHA

YELLOW COLD-HEALTH ALERT

Instagram

Story 1



YELLOW Cold-Health Alert

YELLOW Cold-Health Alert: a cold weather response has been issued for the following regions xxxx and is in effect between XXXX and XXXX. The Met Office has forecast temperatures as low as (insert temperature) °C.

Link: More information can be found at nhs.uk/staywell

Story 2



Who's at risk?

A yellow alert means that cold weather has been forecast which will primarily impact those over the age of 65 or those with pre-existing health conditions such as respiratory and cardiovascular diseases.

Link: More information can be found at nhs.uk/staywell

Story 3



Stay Safe Tips:

- Layer up with thin clothes
- Eat well & stay hydrated
- Keep rooms at 18°C or higher
- Close bedroom windows
- Move around regularly
- Check on vulnerable people
- Get flu & COVID jabs
- Call NHS 111 if worried

Link: More information can be found at nhs.uk/staywell

Facebook



YELLOW Cold-Health Alert

YELLOW Cold-Health Alert: a cold weather response has been issued for the following regions xxxx and is in effect between XXXX and XXXX. The Met Office has forecast temperatures as low as (insert temperature) °C.

A yellow alert means that cold weather has been forecast which will primarily impact those over the age of 65 or those with pre-existing health conditions such as respiratory and cardiovascular diseases.

Here's a reminder of ways to stay safe in the cold:

- Make sure that you stay warm, eat well and stay hydrated.
- Wear multiple layers of thinner clothing to stay warm.

- If going outside, make sure you dress appropriately. Wear shoes with good grip when you to avoid slips and falls on slippery or icy surfaces.
- If indoors, keep bedroom windows closed. Heat rooms you are spending time in (e.g. bedroom, lounge) to 18°C (65°F) if you can and reduce any draughts.
- When you're indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm.
- If there is anyone you know who might be at higher risk, for example, an older person living on their own, make sure they know what to do to stay warm and are well stocked with food and medications.
- If you're eligible, get vaccinated against flu and COVID-19
- If you are worried about your health or that of somebody you know, ring NHS 111.

More information can be found at nhs.uk/staywell

X (word count allowed: 280)



YELLOW Cold-Health Alert

Issued for [Regions]

Effective: [Start Date] – [End Date]

Mainly affects 65+ & those with health conditions (e.g. respiratory, heart).

Stay warm, layer up, eat well, check on others & get flu/COVID jabs.

More tips  nhs.uk/staywell

AMBER COLD-HEALTH ALERT

Instagram

Story 1



AMBER Cold-Health Alert

AMBER Cold-Health Alert: a cold weather response has been issued for the following regions xxxx and is in effect between XXXX and XXXX. The Met Office has forecast temperatures as low as (insert temperature) °C.

More information can be found at nhs.uk/staywell

Story 2



Who's at risk?

An amber alert indicates that cold weather has the potential to impact the whole population, both young and old. There is particular risk to those aged 65+, but impacts may also be seen in younger age groups and some other vulnerable groups, such as those sleeping rough and those with long-term health conditions.

More information can be found at nhs.uk/staywell

Story 3



Stay Safe Tips:

- Layer up with thin clothes
- Eat well & stay hydrated
- Keep rooms at 18°C or higher
- Close bedroom windows
- Move around regularly
- Check on vulnerable people
- Get flu & COVID jabs
- Call NHS 111 if worried

More information can be found at nhs.uk/staywell

Facebook



AMBER Cold-Health Alert

AMBER Cold-Health Alert: a cold weather response has been issued for the following regions xxxx and is in effect between XXXX and XXXX. The Met Office has forecast temperatures as low as (insert temperature) °C.

An amber alert indicates that cold weather has the potential to impact the whole population, both young and old. There is particular risk to those aged 65+, but impacts may also be seen in younger age groups and some other vulnerable groups, such as those sleeping rough and those with long-term health conditions.

Here's a reminder of ways to stay safe in the cold:

- Make sure that you stay warm, eat well and stay hydrated.
- Wear multiple layers of thinner clothing to stay warm.
- If going outside, make sure you dress appropriately. Wear shoes with good grip to avoid slips and falls on slippery or icy surfaces.
- If indoors, keep bedroom windows closed. Heat rooms you are spending time in (e.g. bedroom, lounge) to 18°C (65°F) if you can and wear multiple layers of thinner clothing and reduce any draughts.
- When you're indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm.
- If there is anyone you know who might be at higher risk, for example, an older person living on their own, make sure they know what to do to stay warm and are well stocked with food and medications.
- If you're eligible, get vaccinated against flu and COVID-19
- If you are worried about your health or that of somebody you know, ring NHS 111.
- More information can be found at nhs.uk/staywell

X


 AMBER Cold-Health Alert 

Issued for [Regions]

Effective: [Start Date] – [End Date]

Cold weather may impact everyone, especially 65+, rough sleepers & those with health conditions.

Stay warm, layer up, eat well, check on others & get flu/COVID jabs.

More tips  nhs.uk/staywell

7.4.2 Suggested IWC Press Release and social media public health messaging for a RED CHA

RED COLD-HEALTH ALERT

Press release

RED Cold-Health Alert Issued for [Regions]

Effective: [Start Date] – [End Date]

The UKHSA and the Met Office have issued a RED Cold-Health Alert for [Regions], indicating a significant risk to life due to severe cold weather. The alert is in effect from [Start Date] to [End Date]. The Met Office has forecast temperatures as low as (insert temperature) °C.

A red alert indicates significant risk to life for even the healthy population. This level of cold can seriously impact health, particularly for those aged 65+, people with long-term conditions (such as respiratory or cardiovascular diseases), and other vulnerable groups. Health services are expected to experience increased demand.

Isle of Wight Council Response

While RED alerts are rare, the Isle of Wight Council has robust cold weather emergency plans in place:

- Island Roads will monitor the weather accordingly to ensure that key main roads are gritted and kept clear.

- 4x4 support is available to ensure essential staff, including social care workers, can continue delivering services within the community.
- Residents are advised to stay indoors unless travel is essential, keep warm, and check on vulnerable neighbours.

You can check the latest forecast details at the following link:

<https://www.metoffice.gov.uk/public/weather/forecast/#?tab=map>

Stay Safe in Cold Weather

- Make sure that you stay warm, eat well and stay hydrated.
- If going outside, make sure you dress appropriately. Wear shoes with good grip to avoid slips and falls on slippery or icy surfaces.
- If indoors, keep bedroom windows closed. Heat rooms you spend most time in to 18°C (65°F) if you can and wear multiple layers of thinner clothing.
- When you're indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm.
- If there is anyone you know who might be at special risk, for example, an older person living on their own, make sure they know what to do to stay warm and are well stocked with food and medications.
- If you are worried about your health or that of somebody you know, ring NHS 111.

More information can be found at nhs.uk/staywell.

Support for People Without Shelter

If you know someone without a place to stay:

- Contact IWC Housing Team:
 - Daytime: 01983 823040
 - Out of hours: 01983 821105
- Contact The Salvation Army: 01983 812743
- Individuals aged 16+ can also contact the Housing Team directly.
- Report rough sleeping via Streetlink:
 - streetlink.org.uk
 - App (Apple/Android)
 - Call: 0300 500 0914
- If someone is in immediate danger, call 999.

Utilities & Emergencies

Frozen or burst pipes

- Prepare your home: [Prepare for winter \(southernwater.co.uk\)](https://www.southernwater.co.uk/prepare-for-winter)
- Southern Water also maintains a register of priority customers who may be vulnerable due to illness or age. You can make sure yourself or a relative or neighbour is added to this by calling 0800 027 0800 from 9am to 5pm, Monday to Friday.
- Report leaks: 0330 030 0146 (24/7)

Power cuts

If you have a power cut, call 105 to get up-to-date information.

Further advice is available at <https://sse.co.uk/help/safety-and-emergencies/electrical-safety/power-cuts> Travel Advice

Travel advice

The roads and pavements can be dangerous when icy. Avoid travelling in very bad conditions, if possible, but if you have to travel, check the latest weather and travel advice.

- Check MET Office weather warnings at <https://www.metoffice.gov.uk/>
- Check live road updates by following Island Roads on twitter (@IslandRoads) or listening to local radio.
- You can find out which routes are gritted at <https://islandroads.com/winter-service/>
- Plan your route using the AA route planner at <https://www.theaa.com/route-planner/traffic-news>
- Check live travel updates at <https://highwaysengland.co.uk/travel-updates/>
- Check live Southern Vectis bus travel at <https://www.islandbuses.info/service-updates> or via twitter (@Southern Vectis)

ENDS

Instagram

Story 1



RED Cold-Health Alert

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More information can be found at nhs.uk/staywell

Story 2



⚠ Who's at risk?

A red alert indicates significant risk to life for even the healthy population. This level of cold can seriously impact health, particularly for those aged 65+, people with long-term conditions (such as respiratory or cardiovascular diseases), and other vulnerable groups. Health services are expected to experience increased demand.

More information can be found at nhs.uk/staywell

Story 3



🧑 Stay Safe Tips:

- Layer up with thin clothes
- Eat well & stay hydrated
- Keep rooms at 18°C or higher
- Close bedroom windows
- Move around regularly
- Check on vulnerable people
- Get flu & COVID jabs
- Call NHS 111 if worried

More information can be found at nhs.uk/staywell

Facebook



RED Cold-Health Alert

RED Cold-Health Alert: a cold weather response has been issued for the following regions xxxx and is in effect between XXXX and XXXX. The Met Office has forecast temperatures as low as (insert temperature) °C.

Who's at risk?

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Here's a reminder of ways to stay safe in the cold:

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- More information can be found at nhs.uk/staywell

X



Issued for [Regions]

Effective: [Start Date] – [End Date]

⚠️ Significant risk to life across the population, especially 65+ & those with health conditions.

Younger groups may also be affected. Health services expected to be impacted.

Stay warm, check on others & get flu/COVID jabs.

More tips 👉 nhs.uk/staywell

7.4.3 Repeat Messaging for longer periods of cold weather

In longer spells of cold weather – we can repeat the messaging throughout the course of a week using the below quote:

Post 1



Dr Agostinho Sousa, Head of Extreme Events and Health Protection at UKHSA, said:

“As cold weather persists throughout the rest of the week, it is important to check in on the wellbeing of those most vulnerable. “Cold weather can have a serious impact on health, including for older people, young children and those with certain long-term health conditions, as it increases the risks of heart attacks, strokes, and chest infections. “It is important to try and heat your home to at least 18°C if you can, and to take other measures to protect yourself such as wearing lots of layers.”

Post 2

Animated carrousel:



Dr Agostinho Sousa, Head of Extreme Events and Health Protection at UKHSA, said:

“As cold weather persists throughout the rest of the week, it is important to check in on the wellbeing of those most vulnerable. “Cold weather can have a serious impact on health, including for older people, young children and those with certain long-term health conditions, as it increases the risks of heart attacks, strokes, and chest infections. “It is important to try and heat your home to at least 18°C if you can, and to take other measures to protect yourself such as wearing lots of layers.”