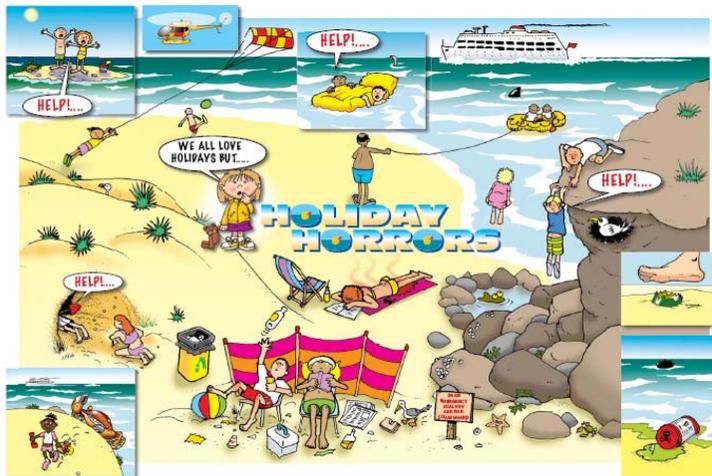


Useful Telephone Numbers	
TDC Careline	01255 686362
Met Office customer care	0870 900 0100
Environment Agency Floodline	0845 988 1188
Local Police Station	
Doctor	
NHS Direct	0845 46 47
Local Authority	
Town / Parish Council	
School	
Business	
Bank	
Electricity Company	
Gas Company	
Water Company	
Telephone Company (land line)	
Mobile Phone Provider	
Vet	
Insurance Company	

Important Information	
BBC Essex	103.5FM / 95.3 FM
Heart FM	96.3FM / 102.6 FM
BBC TV	Look East
ITV	Anglia
Home Insurance Policy	
Car Insurance Policy	
Passport No.	
National Insurance No.	
Driving Licence No.	
Pension No.	



Available via the Essex County Council website

www.essex.gov.uk

Or by visiting www.crucial-crew.org/what-if

Don't miss the other 5 leaflets in the severe weather series. Look out for the following:

- Severe Gales
- Heavy Snow and Icy Roads
- Thunderstorms and Lightning
- Heavy Rain
- Dense Fog



**Tendring District Council
Emergency Planning
Town Hall
Station Road
Clacton-on-Sea
Essex
CO15 1SE**

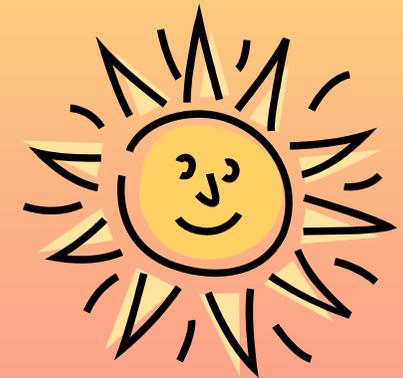
Phone: 01255 686868

Fax: 01255 222813

E-mail: eplanning@tendringdc.gov.uk

HEAT AND SUN

Young children and older people are particularly vulnerable to high temperatures and intense sun. Over exposure to sun is equally dangerous, with effects ranging from mild sunburn to skin cancer.



Produced with information from the Met Office

Before the heatwave:



- Ensure you have plenty of cold fluids available whether at home or travelling.

During the heatwave:



- Try and keep your home cool, closing blinds and curtains will help.
- At night keep your sleeping area well ventilated.
- Taking cool showers or baths and sprinkling yourself with cold water several times a day will help you try and stay cool.
- Avoid too much exercise, which can cause heat exhaustion or heat stroke.
- Watch out for signs of heat stress: an early sign is fatigue.
- Drink plenty of fluids, but avoid alcohol as this will dehydrate you.
- Eat normally, reducing your food may exacerbate health related problems.
- When driving, keep your vehicle

well ventilated, have plenty of water with you and take regular rest breaks.

- If you have elderly neighbours, try to visit them daily.
- If you go outside, try and avoid the hottest part of the day: 11 am to 3pm, seek shade.
- Avoid being in the sun for long periods.
- If outside, always wear a hat.
- Before going outside always apply an appropriate sun cream for your type of skin.



www.dh.gov.uk/Publications

During sunny weather:



- The sun strength, or UV index, can be high at many times of the year, it doesn't have to be hot or sunny.
- When outside wear lightweight, light-coloured clothing, high factor sun cream and a wide brimmed hat.
- It is important to reapply an appropriate factor sun cream at regular intervals during the day.

DO NOT LEAVE CHILDREN OR ANIMALS IN PARKED CARS!

Even on cool days, strong sunshine can make car interiors very hot!