

READY FOR ANY SEASON

The same emergency is very different in January and July. Plan for both.

	 Winter Cold, dark, ice and storms	 Summer Heatwaves, drought and wildfire
 Water	At least 3 litres each a day (W1). Pipes can freeze, so keep stored water off cold floors and away from outside walls.	You need more than 3 litres each a day in the heat, especially children and older people. Keep it cool and dark.
 Food	Hot food and drinks keep you warm. Plan fuel for cooking.	Fridge food goes off faster (F1). Lean on tins, pouches and cold food.
 Warm or cool	Pick one warm room. Layers, hats, blankets and sleeping bags.	Close curtains in the day, open windows at night when it's cooler. Stay out of the midday sun.
 Getting about	Ice, snow and short days. Keep the car kit ready (H3) and the tank at least half full.	Heat in cars kills – never leave anyone or pets in a parked car. Carry water.
 Light & power	Long dark evenings – more torches, batteries and charging.	Long days – solar panels work best. Keep batteries out of hot cars and direct sun.

Hypothermia

Signs: shivering; pale, cold skin; slurred speech; slow breathing; tiredness or confusion.

Do: call 999. Get them somewhere warm, take off wet clothes, wrap in a blanket or sleeping bag. Warm sweet drink if fully awake.

Don't: use hot baths or hot water bottles, or rub their arms and legs.

Heat exhaustion

Signs: headache, dizziness, feeling sick, heavy sweating, cramps, pale clammy skin.

Do: move them somewhere cool, take off extra clothes, give water, and cool their skin with water and a fan. They should feel better within 30 minutes.

Call 999 if they're no better after 30 minutes, or have hot skin with no sweating, confusion, a fit or pass out.

