

What is coldAlert?

coldAlert is a text, voicemail, e-mail or web service that alerts you when there are severe weather warnings in your area. The service runs annually from November to March.

coldAlerts are sent when severe weather is forecast. You will receive a coldAlert when the alert level changes from level 1 (conditions normal) to level 2 (alert and ready) or onto level 3 (take action) and level 4 (emergency action). We will send the all clear level 1 (conditions normal) once the weather improves.

coldAlerts can be requested for different locations (i.e home or work).

coldAlert is particularly important for older people, people with respiratory and/or heart conditions, their carers and health professionals.

coldAlert is a service provided by the Sussex Air Quality Partnership (Sussex-air) working in partnership with health professionals to minimise the impact of severe cold weather conditions.

What should I do when I receive a coldAlert?

- Make sure that you have food, medical and heating supplies to sustain you during the cold weather spell
- Set your daytime room temperature at 21°C and your bedroom night temperature at 18°C
- Dress warmly and in appropriate clothing
- Eat well and regularly
- Keep in regular contact with those who may be effected by cold weather – making sure that they are comfortable and safe.

For further information on taking action in severe cold weather events refer to the Cold Weather Plan for England and www.coldalert.info

Who should register for coldAlert?

We recommend that you register for coldAlert if you are, or care for, an older person or an individual with a pre-existing medical condition that makes you vulnerable to severe weather conditions.

How can I register?

You can register by calling **01273 484 337** and we will register you directly, or leave a message and we will call you back.

Can I register on someone else's behalf?

Yes you can register if you are a parent or carer for someone who is adversely affected by or vulnerable to cold weather.

When will the service be available?

The service runs throughout the winter from November to March.

Contacting us

The Sussex Air Quality Partnership (Sussex-air) provides coldAlert in Sussex and can be contacted via:

E-mail:
information@coldalert.info
Telephone: 01273 484 337
Twitter: @coldalertsussex

To unsubscribe from this service please e-mail or call us using the details above

If you need this leaflet in large print please call 01273 484 337



For more information visit www.coldalert.info



Preparing you for severe cold weather

- * Advance cold weather warning service
- * Direct to you
- * Reducing the impact of severe cold weather on your health



Cold weather alert service for Sussex

www.coldalert.info

How does severe cold weather effect peoples lives?

Around 27,000 people die in England over the winter months because of the cold weather.

Severe and sustained cold weather has a significant affect on vulnerable individuals during the winter months in England.

During the winter months in England an average of 1,560 more people per week die between December and March compared with the rest of the year*.

The most sensitive groups who are affected by severe cold weather are older people, especially those with underlying health problems and very young babies.

Timely preventative measures like coldAlert will minimise the effects of severe cold weather on vulnerable individuals.

What is the impact of severe cold weather?

People in the UK are generally not as prepared for cold weather as in other northern European countries:

- homes are less well insulated
- have less efficient heating systems
- and people have less effective winter clothing

Severe cold weather brings an increased risk of cardiac disease, strokes and respiratory problems.

In cold weather vulnerable people are less likely to venture out to get essentials, medicines or visit support centers due to the conditions. Older people are also concerned about slips or falls.

What should I do when I receive a coldAlert?

The action you need to take depends on the level of alert.



Level 1: Winter preparedness

Normal winter conditions. coldAlert service is on but no severe weather is forecast.



Level 2: Alert and readiness

Be prepared. Severe weather is forecast. Check homes are adequately heated and stocked with food and medications.



Level 3: Severe weather conditions

Take action. Contact those 'at risk'* in person or by phone every day while the severe weather lasts. Set the daytime room temperature to 21°C and the bedroom night temperature to 18°C. Dress warmly and eat well.



Level 4: Emergency action

Emergency action. Threshold temperatures breached for more than 6 days. In addition to the level 3 actions above; make sure you keep in regular contact and that the vulnerable* have the access they need to the health and social care services they require.

For more information visit

www.coldalert.info

*Older adults and children with heart or lung problems are at greater risk of symptoms developed as a result of severe cold weather. (Cold Weather Plan for England 2011)