

Tuesday 9 August 2022

High temperatures expected on Battle Day and beyond

Public Health is once again issuing hot weather advice as temperatures are expected to rise over the coming days and peak on Saturday.

While many welcome the hot summer weather, especially as the Island celebrates the 120th Battle of Flowers it is also an appropriate time to remind Islanders of the sensible precautions that should be taken to minimise any risk to health.

The Island is currently expected to see the temperature reach 28-33°C this week, and it will remain warm overnight. Temperatures are expected to rise steadily through the week, peaking on Saturday afternoon."

Extreme heat can cause heat exhaustion, heatstroke, and dehydration. Older people and children are particularly at risk. Some simple steps that everyone can take to cope in hot weather include:

- Shutting windows, shades, blinds, or curtains to keep your rooms as cool as possible.
- If possible, staying out of the sun for long periods and avoid the hottest part of the day, which could be later in the afternoon.
- Wearing sunscreen and hats when outside.
- Having cool baths or showers.
- Drinking plenty of water. Avoid tea, coffee, and alcohol.
- Wearing loose, cool clothing.
- Help those who are likely to struggle in the heat
- Ensure that babies, young children, and pets are not locked into vehicles.

Director of Public Health, Professor Peter Bradley, said: "It is vital that Islanders, especially those at risk, take these necessary precautions over the week as we are expecting temperatures to rise and to ensure a safe Battle Day. I encourage everyone to look out for those that are vulnerable to extreme heat and less able to look after themselves."

Ways to spot someone who may be suffering from heat-related illnesses:

- Heat cramps

- Small rashes
- Dizziness and fainting
- Exhaustion
- Disorientation and confusion
- Hot dry skin

The Emergency Services will be working hard during this spell of hot weather. Islanders are asked to only call for an ambulance in a real emergency and to follow the below fire safety guidance:

- don't make open fires in the countryside
- only use barbecues in a safe area, away from areas of gorse and heathland
- never leave a fire or barbecue unattended and throw any ashes away carefully
- have a bucket of water or sand near your barbecue for emergencies
- don't use a bonfire to get rid of garden rubbish
- don't leave bottles or glass in the countryside (sunlight on glass can start fires) take all litter home to dispose of

- ends -

Notes to Editors

1. For further information, please contact the Press Office on 01534 440430 or pressoffice@gov.je
2. Please see [Jersey weather forecast | Jersey Met \(gov.je\)](#) for the latest forecast information