

## Met Office Cold Weather Alert Level 2 Information and Guidance

Source: <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/cold-weather-alerts>

### Alert Level 2

#### Severe winter weather is forecast – Alert and readiness

Mean temperature of 2 °C and/or widespread ice and heavy snow is predicted within 48 hours, with 60% confidence.

This is an important stage for social and healthcare services who will be working to ensure that they are prepared to take swift action to reduce the risk of harm from a period of cold weather.

#### What can I do to prepare when severe winter weather has been forecast?

- Maintain regular contact with vulnerable people and neighbours you know to beat risk in cold weather- ensure they have access to warm food and drinks and are managing to heat their home adequately.
- Stay tuned into the UK forecast and ensure you are stocked with food and medications in advance (have deliveries or ask a friend to help).
- Take the weather into account when planning your activity over the following days. Avoid exposing yourself to cold or icy outdoor conditions if you are at a higher risk of cold-related illness or falls.
- If you or someone else is likely to be restricted to one room during the winter period or during a cold spell, make sure that it can be kept at or above recommended temperatures and that you plan what resources you/they need to keep them safe and warm - seek energy advice as necessary.
- Check ambient room temperatures - especially those rooms where disabled or vulnerable people spend most of their time.
- Discuss with friends and neighbours about clearing snow and ice from in front of your house and public walkways nearby, if you are unable to do this yourself.