

SCHOOL HEAT ALERT ACTION CARD

YELLOW HEAT HEALTH ALERT

In force from: 4th July until 11pm Wednesday 8 July 2026

The UK Health Security Agency (UKHSA) has issued a **Yellow Heat Health Alert**. This means that hot weather may have impacts on vulnerable individuals, including young children, those with underlying health conditions and others who may be more susceptible to heat-related illness. Schools are encouraged to take sensible precautions to help pupils and staff stay safe and comfortable during the warmer weather.

KEY ACTIONS FOR SCHOOLS

Keep Children Hydrated

- Ensure pupils have access to drinking water throughout the school day.
- Encourage children to drink regularly, even if they do not feel thirsty.
- Remind pupils to bring and refill water bottles.
- Provide additional opportunities for water breaks, particularly during outdoor activities.
- Pay particular attention to younger children and those with additional needs who may be less aware of dehydration.

Minimise Excessive Sun Exposure

- Encourage the use of shaded areas during breaks and lunchtime.
- Consider limiting prolonged exposure to direct sunlight during the hottest part of the day (11am–3pm).
- Encourage pupils to wear sun hats and sunscreen in accordance with school policies.

Physical Activity and Outdoor Learning

- Continue outdoor activities where appropriate, while ensuring regular hydration breaks.
- Consider adapting strenuous activities if temperatures become uncomfortable.
- Schedule more demanding physical activities earlier in the day where possible.
- Ensure staff monitor children for signs of overheating during PE and sports activities.

Keep Classrooms Comfortable

- Open windows and doors where safe to improve ventilation.
- Close blinds or curtains in rooms exposed to direct sunlight.
- Switch off non-essential electrical equipment that generates heat.
- Use cooler spaces within the school where available.

Consider Uniform Flexibility

- Allowing pupils to remove blazers, jumpers and other unnecessary layers.
- Supporting the use of lightweight clothing where appropriate.
- Encouraging the wearing of sun hats when outside.

LOOK OUT FOR VULNERABLE CHILDREN

- Children under 5 years of age
- Children with asthma or respiratory conditions
- Children with heart, kidney or neurological conditions
- Children taking medications that may affect hydration or temperature regulation
- Children with complex medical needs or disabilities

RECOGNISE THE SIGNS OF HEAT EXHAUSTION

- Excessive thirst
- Headache
- Dizziness
- Tiredness
- Nausea
- Irritability
- Flushed skin
- Reduced concentration

If a child becomes unwell:

- Move them to a cooler place.
- Encourage them to drink water.
- Cool the skin with a cool cloth or water.
- Monitor symptoms and seek medical advice if they do not improve.

Call 999 immediately if a child develops signs of heatstroke, including confusion, collapse, seizures or loss of consciousness.

MESSAGE FOR PARENTS AND CARERS

Please help your child stay safe in the warm weather by:

- Sending a labelled water bottle to school each day.
- Applying sunscreen before school where appropriate.
- Providing a sun hat.
- Encouraging children to drink water before leaving home.
- Ensuring children are dressed appropriately for the weather.
- Never leaving children unattended in vehicles.

ADDITIONAL CONSIDERATIONS

While most children will continue normal activities, schools should remain alert to pupils and staff who may be more vulnerable to the effects of hot weather. Monitor local weather forecasts and follow advice from UKHSA, the Met Office and the Department for Education. Yellow alerts indicate that minor impacts may occur, particularly among vulnerable groups.

OFFICIAL GUIDANCE AND RESOURCES

UKHSA Weather Health Alerts Dashboard - [Weather health alerts | UKHSA data dashboard](#)

UKHSA Guidance for Schools and Early Years Settings - [Looking after children and those in early years settings before and during hot weather: teachers and other educational professionals - GOV.UK](#)

Department for Education Guidance - [The Education Hub – The Education Hub is a site for parents, pupils, education professionals and the media that captures all you need to know about the education system. You'll find accessible, straightforward information on popular topics, Q&As, interviews, case studies, and more.](#)

DEFRA Air Pollution Forecast - [Home - DEFRA UK Air - GOV.UK](#)