



# Are you ready for the Elements this summer?

Make the most of the summer no matter what the elements bring...

## Don't get blown away

If there are strong winds in the forecast, store your garden games in your shed! Make sure you tie down your trampoline.

## Summer bloom

Pollen notifications on our App tell you when levels are high so you can take hay fever medicine to help stop sneezing.



## Feeling hot hot hot?

When it's hot, stay in the shade, wear a cool hat and sunscreen, and drink plenty of water.



## Make a splash

Heavy rain can lead to flash flooding. Make sure you've got what you need ready to go, just in case...



[www.metoffice.gov.uk/WeatherReady](http://www.metoffice.gov.uk/WeatherReady)

Join the conversation #WeatherReady

**Don't miss Disney and Pixar's Elemental, in cinemas 7 July**

