

ARE YOU

WEATHERREADY?



Get ready to get active

If you're getting active this summer, check you have all the necessary equipment including water bottle, sunscreen, sun hat or wet weather gear.



Check your home and garden

Think about home maintenance that might need doing, for example, if you can do so safely, check your roof and clear your guttering.



Consider the impact of strong winds

With more items in the garden during the summer, consider moving or storing things when strong winds or heavy rainfall is forecast.



Consider the impact of heavy rainfall

Heavy rainfall can impact your home and garden. Think about checking drains and gutters to avoid blockages.



Keep an eye on UV and pollen levels

Check our website or app for the latest weather, UV and pollen forecasts. Stock up on sunscreen, insect repellent and any hay fever medicine you need.



Take the worry out of summer storms

Save key information in a safe place, have a torch to hand and consider a battery powered charger in case power and phone lines are interrupted.



Be prepared for hot weather

If you're planning summer outings using your car, top up screen wash and check your tyres, coolant and oil levels.



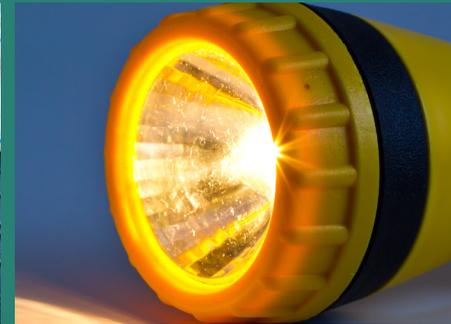
Prepare your vehicle for summer outings

If you're planning summer outings using your car, top up screen wash and check your tyres, coolant and oil levels.



Look out for those around you

Look out for others in your community, especially older people, young children, babies and those with health risks. Contact your local resilience forum for more information.



Prepare a 'grab bag' with basic supplies

Make sure you have some basic supplies such as bottled water, medicines, torch, radio and batteries in a 'grab bag'. This will help if your power or water are disrupted and you have to leave home quickly

Stay #WeatherReady with the Met Office App

In addition to the most accurate forecasts and local weather coverage, the Met Office weather App provides personalised guidance on pollen forecasts, UV index and humidity levels, sunrise and sunset times and much more.