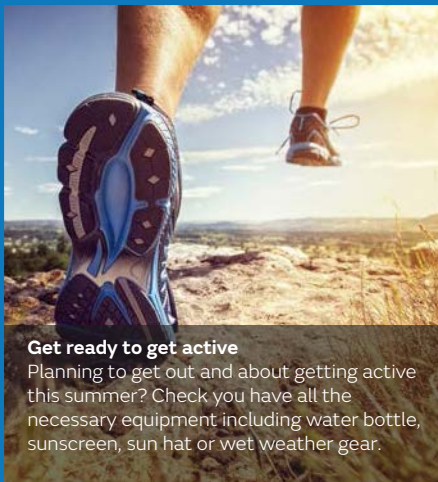


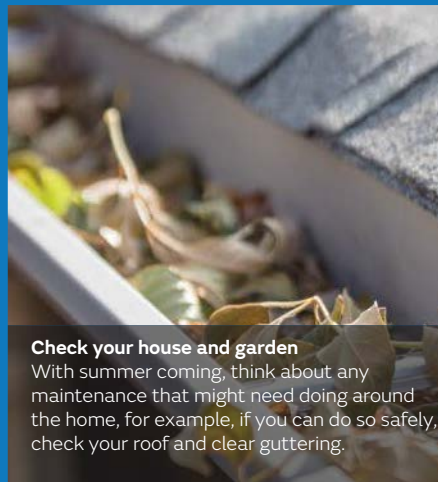
ARE YOU

WEATHERREADY?



Get ready to get active

Planning to get out and about getting active this summer? Check you have all the necessary equipment including water bottle, sunscreen, sun hat or wet weather gear.



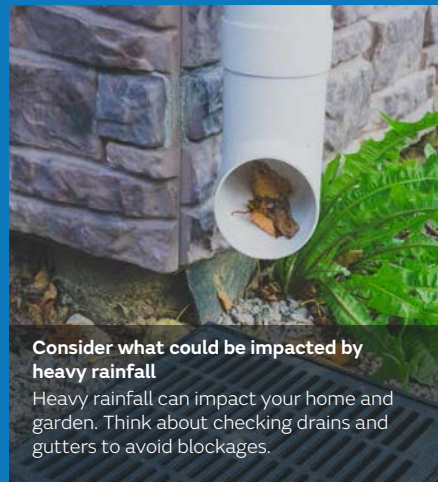
Check your house and garden

With summer coming, think about any maintenance that might need doing around the home, for example, if you can do so safely, check your roof and clear guttering.



Think about the impacts of strong winds

With more items in the garden during the summer, think about what may be at risk from severe weather and consider moving things when strong winds or heavy rainfall is forecast.



Consider what could be impacted by 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 download our App to stay up-to-date with the latest weather, UV and pollen forecasts before heading outside. Stock up on sunscreen, insect repellent and any hay fever medicine you need.



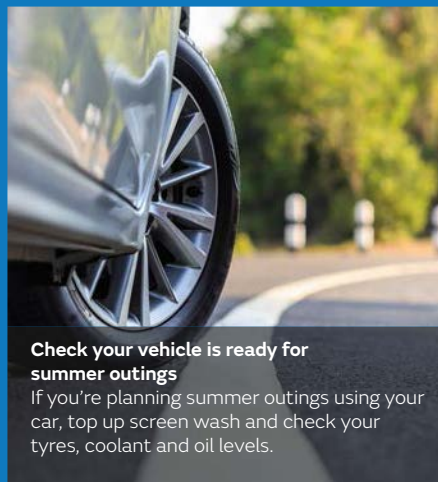
Take the worry out of summer storms

Save key information in a safe place, know where you can find a torch if you need one, and consider getting a battery powered charger just in case power and phone lines are interrupted.



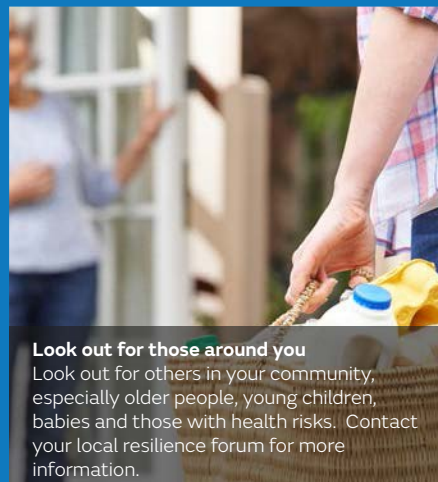
Be prepared for hot weather

If you like spending time in your garden, plan to avoid the hottest part of the day, and make sure that you have sunscreen, water and a wide brimmed hat.



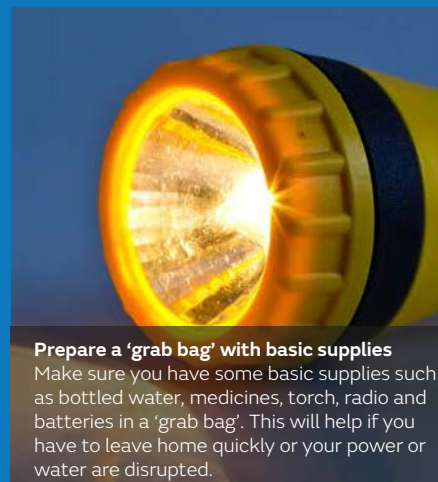
Check your vehicle is ready for summer outings

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 you have to leave home quickly or your power or water are disrupted.

Stay #WeatherReady with the Met Office App

In addition to accurate localised weather forecasts, our App provides information on pollen forecasts, UV levels, wind speed and direction, and much more.

Remember to continue following Government guidelines on social distancing.