

Met Office Cold Weather Alert Level 3 Information and Guidance

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

<p style="text-align: center;">Alert Level 3</p> <p>Response to severe winter weather - Severe weather action</p> <p>Mean temperature of 2 °C or less and/or widespread ice and heavy snow</p> <p>This stage alerts social and healthcare services to take specific actions to help protect high-risk groups.</p>	<p>What can I do to stay safe and well during severe winter weather?</p> <ul style="list-style-type: none">• Stay tuned into the UK forecast.• Check daytime room temperature and maintain it at 18 °C (70 °F).• Check bedroom night-time temperature and maintain it at 18 °C (65 °F) or warmer.• If you have to go out make sure you dress warmly and wear non-slip shoes. Also tell someone where you are going and let them know when you get back. If you have a mobile phone keep it charged and on you at all times.• Keep active.• Dress warmly, eat warm food and take warm drinks regularly.• Check on those you know are at risk.• If you are concerned about your own health or welfare or that of others, alert emergency services.• Clear pavements of ice or snow if you are able and if essential.
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