# UK - and Glastonbury! - Brace for Heatwave as Temperatures Soar Above 30C



The United Kingdom is experiencing a heatwave with temperatures expected to surpass 30°C this week. The Met Office and UK Health Security Agency have issued a yellow heat health alert for most parts of England, with the East Midlands, East, East Anglia, and South East facing the most severe warnings.

The Met Office advises citizens to stay indoors between 11 AM and 3 PM, the hottest part of the day. Other recommendations include hydration, avoiding physical exertion, and using fans or cross-ventilation to keep indoor environments cool. Alcohol consumption should be minimized as it can cause dehydration.

Heatstroke occurs when the body’s temperature exceeds 40°C, with symptoms including sweating, fast heartbeat, dark urine, and dehydration. To prevent heat-related illnesses, it's important to stay hydrated and seek shade. If heat exhaustion occurs, cooling the body down within 30 minutes is critical.

With Glastonbury Festival commencing, temperatures are forecasted to reach up to 25°C. Attendees should be cautious about heat exhaustion, hydration, proper footwear, and protecting their skin with appropriate sunscreen. Ear protection is also recommended to prevent tinnitus from loud music. Food safety is another concern; consuming food that’s been out in the sun too long can lead to food poisoning.

Medical assistance is available on-site, and festival-goers are encouraged to visit medical tents if symptoms of heat exhaustion or dehydration occur.