# London faces second amber heat health alert amid escalating heatwave



London is experiencing its second day of temperatures reaching 30°C as a significant heatwave continues to grip the region. Forecasts from the Met Office predict highs of 30°C in London, with the east of England and the Midlands expected to reach around 28°C. Temperatures are expected to peak on Monday, marking the height of this heatwave.

An amber heat health alert has been issued for much of England, including London, by the UK Health Security Agency (UKHSA) and the Met Office. This alert, in place until 18:00 BST on Tuesday, signals a heightened level of concern due to the health impacts that can arise as a consequence of sustained high temperatures. The alert warns that the heatwave is likely to place significant pressure on health and social care services, with a rise in heat-related deaths particularly among those aged 65 and older and individuals with existing health conditions. The UKHSA advises the public to take sensible precautions, such as staying hydrated, keeping cool, and checking on vulnerable people.

This amber alert is the second within two weeks, emphasising the severity and persistence of the current hot weather. Temperatures in London have already reached above 30°C, with recent records hitting around 32°C in certain areas like Kew in west London. The heatwave’s highest temperatures are predicted to occur over the weekend, with some areas potentially seeing highs up to 34°C by Saturday.

The Heat-Health Alerting system, which is a collaboration between UKHSA and the Met Office, operates from June to September and is designed to inform health and social care professionals, as well as the public, about periods of high temperature that could impact health. The system uses four levels of alert—Green, Yellow, Amber, and Red—depending on the severity of the heat and the expected impact on health services. The current amber alert represents an enhanced response, indicating significant risks to public health and the healthcare sector.

Officials emphasise vigilance during this period of hot weather. The head of extreme events and health protection at UKHSA has encouraged people not only to take care of their own wellbeing but also to look out for others who may be more vulnerable to heat-related illness. The consequences of heatwaves are not limited to discomfort; they include increased hospital admissions and mortality rates, especially among elderly and vulnerable populations.

As the heatwave unfolds, residents in London and across England are urged to heed warnings, adopt preventative measures, and stay informed through official channels to mitigate health risks posed by this extreme weather event.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.bbc.com/news/articles/cx2l77w5pl7o), [[3]](https://www.standard.co.uk/news/london/how-hot-is-it-in-london-today-heatwave-temperature-met-office-amber-heat-health-alert-b1233745.html), [[7]](https://www.itv.com/news/2025-06-19/amber-heat-health-alert-issued-in-england-as-tropical-nights-expected)
* Paragraph 2 – [[1]](https://www.bbc.com/news/articles/cx2l77w5pl7o), [[2]](https://www.gov.uk/government/news/heat-health-alerts-issued-by-ukhsa-and-met-office), [[3]](https://www.standard.co.uk/news/london/how-hot-is-it-in-london-today-heatwave-temperature-met-office-amber-heat-health-alert-b1233745.html), [[4]](https://www.standard.co.uk/news/london/london-heatwave-temperature-today-warning-met-office-amber-heat-health-alert-b1233745.html), [[7]](https://www.itv.com/news/2025-06-19/amber-heat-health-alert-issued-in-england-as-tropical-nights-expected)
* Paragraph 3 – [[1]](https://www.bbc.com/news/articles/cx2l77w5pl7o), [[2]](https://www.gov.uk/government/news/heat-health-alerts-issued-by-ukhsa-and-met-office), [[3]](https://www.standard.co.uk/news/london/how-hot-is-it-in-london-today-heatwave-temperature-met-office-amber-heat-health-alert-b1233745.html), [[4]](https://www.standard.co.uk/news/london/london-heatwave-temperature-today-warning-met-office-amber-heat-health-alert-b1233745.html), [[7]](https://www.itv.com/news/2025-06-19/amber-heat-health-alert-issued-in-england-as-tropical-nights-expected)
* Paragraph 4 – [[5]](https://www.gov.uk/guidance/heat-health-alerting-system), [[6]](https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service/)
* Paragraph 5 – [[1]](https://www.bbc.com/news/articles/cx2l77w5pl7o), [[2]](https://www.gov.uk/government/news/heat-health-alerts-issued-by-ukhsa-and-met-office), [[7]](https://www.itv.com/news/2025-06-19/amber-heat-health-alert-issued-in-england-as-tropical-nights-expected)

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## Bibliography

1. <https://www.bbc.com/news/articles/cx2l77w5pl7o> - Please view link - unable to able to access data
2. <https://www.gov.uk/government/news/heat-health-alerts-issued-by-ukhsa-and-met-office> - The UK Health Security Agency (UKHSA) and the Met Office have issued a heat-health alert for all regions in England, effective from 12pm on Thursday until 9am on Monday. The alert warns of significant impacts across health and social care services due to high temperatures, including a rise in deaths, particularly among those aged 65 and over or with health conditions. The Met Office forecasts temperatures exceeding 30°C, with the highest temperatures expected on Saturday, reaching up to 34°C in eastern areas. The UKHSA advises the public to take sensible precautions during the hot weather, such as staying hydrated, keeping cool, and checking on vulnerable individuals. ([gov.uk](https://www.gov.uk/government/news/heat-health-alerts-issued-by-ukhsa-and-met-office?utm_source=openai))
3. <https://www.standard.co.uk/news/london/how-hot-is-it-in-london-today-heatwave-temperature-met-office-amber-heat-health-alert-b1233745.html> - London has recorded the hottest day of the year so far, with temperatures reaching 30.1°C in St James’s Park. The UK Health Security Agency (UKHSA) issued an amber heat health alert, warning of significant impacts across health and social care services due to the high temperatures, including a rise in deaths, particularly among those aged 65 and over or with health conditions. The alert is in place until 9am on Monday. The Met Office forecasts temperatures to reach 32°C on Thursday, marking the start of a heatwave with thermometers set to hit 33°C on Saturday. The UKHSA advises the public to take sensible precautions during the hot weather, such as staying hydrated, keeping cool, and checking on vulnerable individuals. ([standard.co.uk](https://www.standard.co.uk/news/london/how-hot-is-it-in-london-today-heatwave-temperature-met-office-amber-heat-health-alert-b1233745.html?utm_source=openai))
4. <https://www.standard.co.uk/news/london/london-heatwave-temperature-today-warning-met-office-amber-heat-health-alert-b1233745.html> - An amber heat health alert has been issued for all of England, with temperatures expected to reach 32°C, potentially making it the hottest day of the year so far. The UK Health Security Agency (UKHSA) warns of significant impacts across health and social care services due to the high temperatures, including a rise in deaths, particularly among those aged 65 and over or with health conditions. The alert is in place from midday on Thursday to 9am on Monday. The Met Office forecasts temperatures to reach 33°C on Saturday, marking the start of a heatwave. The UKHSA advises the public to take sensible precautions during the hot weather, such as staying hydrated, keeping cool, and checking on vulnerable individuals. ([standard.co.uk](https://www.standard.co.uk/news/london/london-heatwave-temperature-today-warning-met-office-amber-heat-health-alert-b1233745.html?utm_source=openai))
5. <https://www.gov.uk/guidance/heat-health-alerting-system> - The Heat-Health Alerting system is part of the Weather-Health Alerting system, operated by UKHSA in partnership with the Met Office. The system issues alerts when hot weather is forecast that could lead to impacts on health within the population of England. The core alerting period runs from 1 June to 30 September each year. The system includes four levels of alerts: Green (preparedness), Yellow (response), Amber (enhanced response), and Red (emergency response). The alerts are aimed at professionals within the health and social care sector and are freely available to the public. ([gov.uk](https://www.gov.uk/guidance/heat-health-alerting-system?utm_source=openai))
6. <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service/> - The Heat-health Alert Service, provided by UKHSA in partnership with the Met Office, forewarns of periods of high temperatures that may affect public health. The service operates from June to September and has been in operation since 2004. The alerts are aimed at health and social care professionals and anyone with a role in reducing the harm of extended periods of hot weather on health. The service issues alerts when certain temperature thresholds are reached, and a decision is made on whether an alert is needed and what type of alert to issue (Yellow, Amber, or Red). ([metoffice.gov.uk](https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service/?utm_source=openai))
7. <https://www.itv.com/news/2025-06-19/amber-heat-health-alert-issued-in-england-as-tropical-nights-expected> - The UK has broken its record for the warmest day of the year twice, with temperatures reaching as high as 32.2°C in Kew, west London. An amber heat-health alert remains in place for all parts of England. The UK Health Security Agency (UKHSA) issued the alert, warning of significant impacts across health and social care services due to high temperatures, including a rise in deaths, particularly among those aged 65 and over or with health conditions. The alert is in force from 12pm on Thursday until 9am on Monday. ([itv.com](https://www.itv.com/news/2025-06-19/amber-heat-health-alert-issued-in-england-as-tropical-nights-expected?utm_source=openai))