

**The Met Office has issued a Level 2 Cold Weather Alert.
19th January and 21st January**

There is a 70% probability of severe cold weather/icy conditions/snow between 1800 on Sunday 19 Jan and 1800 on Tuesday 21 Jan in parts of England. This weather could increase the health risks to vulnerable patients and disrupt the delivery of services.

View the full warning at the [Met Office Cold Weather Alert](#) site.

High pressure will build across the country over the weekend and into early next week. This will bring a spell of dry weather and light winds, with overnight frosts becoming widespread.

The cold overnight temperatures will be offset by generally fine daytime conditions with sunny spells. However, fog patches will develop across central and southern areas Sunday night into Monday, suppressing daytime temperatures in places where slow to clear.

Later Monday and into Tuesday, freezing fog may become more widespread although confidence decreases. Some cloudier conditions are also expected to spread southwards and bring less cold conditions, but the speed of this progress is a little uncertain at present.

Cold weather can affect your health. The people most likely to be affected are the elderly, the very young, and people with pre-existing medical conditions.

There are lots of ways you can help yourself and your family in the cold weather:

- Heat your home to at least 18°C
- Keep moving – regular activity keeps you feeling warmer
- Wear multiple layers of clothes inside and outside

Useful website links to share with residents etc:

West Sussex County Council has more information about staying warm and safe during the winter as part of our [Winter Ready Campaign](#).

Find out more about how to keep yourself well and your home warm during winter by visiting the [NHS Keep Warm Keep Well website](#).

Met Office provides lots of advice on how individuals, property owners, businesses and information about traveling safely during adverse weather. www.metoffice.gov.uk/weatherready