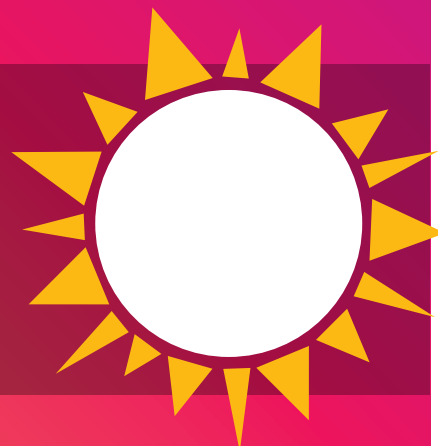


Health advice for hot weather

Every year, high temperatures affect the health of many people, particularly older people, infants, people who work outdoors and the chronically ill. Heat can trigger exhaustion and heat stroke, and can aggravate existing conditions – such as cardiovascular, respiratory, kidney or mental diseases. The adverse health effects of hot weather are largely preventable through good public health practice.



Keep cool in the heat

During periods of hot weather, it is important to keep cool to avoid the negative health effects of heat.



Keep out of the heat.

Avoid going out and doing strenuous activity during the hottest time of day. Take advantage of special shopping times for vulnerable groups whenever available. Stay in the shade, do not leave children or animals in parked vehicles, and if necessary and possible, spend 2–3 hours of the day in a cool place.



Keep your home cool.

Use the night air to cool down your home. Reduce the heat load inside the apartment or house during the day by using blinds or shutters and turning off as many electrical devices as possible.



Keep your body cool and hydrated.

Use light and loose-fitting clothing and bed linen, take cool showers or baths, and drink water regularly, while avoiding sugary, alcoholic or caffeinated drinks.



Keep in touch.

Check on family, friends and neighbours who spend much of their time alone. Vulnerable people might need assistance on hot days, and if anyone you know is at risk, help them to get advice and support.

Older people, and people with pre-existing medical conditions (such as asthma, diabetes and heart disease) should pay greater attention to their health as they are more vulnerable to the effects of heat. Consult your doctor if you feel unusual symptoms or if symptoms persist, or if you suspect a fever. If someone has hot dry skin and delirium, convulsions or is unconscious, call a doctor or an ambulance immediately.

More information is available at the links below:

Heatwaves

<https://www.who.int/europe/health-topics/heatwaves>

Global Heat Health Information Network

<https://www.ghhin.org/>