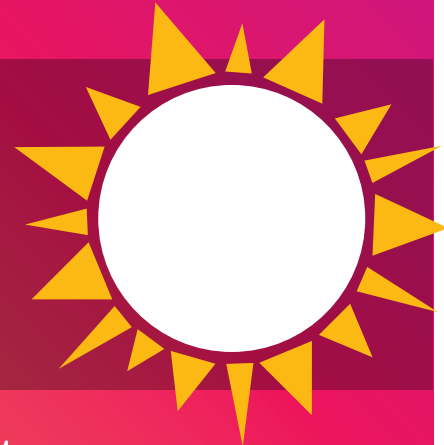


# Health advice for hot weather



European Region

Every year, high temperatures affect the health of many people – particularly older people, infants, people who work outdoors and people who are on certain medications or chronically ill. Heat can trigger exhaustion and heat stroke, and can aggravate existing conditions – such as cardiovascular, respiratory, kidney or mental health conditions. 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 activities during the hottest time of day. Stay in the shade; do not leave children, dependant adults or pets alone in parked vehicles; and, if 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, shutters or curtains, and by turning off as many electrical devices as possible.



### Keep your body cool and hydrated.

Use light and loose-fitting clothing and light 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. People at increased risk might need assistance on hot days. 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 a doctor if you feel unusual symptoms, if symptoms persist or if you suspect a fever. If someone has hot dry skin, delirium and/or 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/>