



Sun. Heat. Protection!

Tips for hot days



Stay cool even on hot days with these tips

When it's hot, our body needs a lot of energy to cool down. Heat is stressful for everyone, especially for our circulation. However, children, pregnant people, people in need of care and people over 65 suffer particularly from heat.

In addition, strong sunlight is dangerous for the skin.

So take extra care of yourself, your family and those around you on hot days.

Get through the summer safely!

At home

Shade during the day

Close shutters, blinds or curtains early. If it's too hot inside, go to a park or a cool public building.



Ventilate at night

Open all windows to let in the often cooler night air. Opening windows and doors that are opposite each other is particularly effective. Sleep in the coldest room and only cover up lightly.

Cooling the body

Take foot baths, apply wet cloths or use a fan. Do not dry yourself completely after showering.

Out and about outdoors



Stay in the shade

Plan your routes so that you walk in the shade as much as possible. Look for cool places to rest in your local area, such as shopping centres, churches, public buildings or parks.

Avoid the midday heat

If possible, only go outside early in the morning or in the evening. If it cannot be avoided: Take breaks!

Protect your skin

Use sun cream with a high sun protection factor - even in the shade! Reapply regularly to maintain UV protection.

Food & Drink



Light meals with plenty of water

Eat fresh fruit and vegetables, salads or cold soups, preferably in small portions throughout the day.

Always keep perishable food in the refrigerator.

Drink a lot

Water, juice spritzers or unsweetened teas are best. Drink about 2 litres a day, even if you are not thirsty. This is particularly the case for older people.



Take a water bottle with you when travelling and refill it if possible.

If you are unsure how much you can drink because of a medical condition, ask your doctor.

Clothing



Dress in light clothing

Wear light, loose-fitting and long clothing to help your body release heat and protect your skin from the sun. Light-coloured clothing stays cooler for longer than dark-coloured clothing.

Cover your head

When outdoors, wear a sun hat with a wide brim. This protects your face, ears and neck from sunburn.

Protect your eyes

Wear sunglasses to protect yourself from bright light and UV radiation.

Medication: What you need to bear in mind



Changed effects and side effects of medicines during heat

It is best to ask your doctor before the summer whether your **medication plan** is also suitable for hot days.

Photosensitive skin due to medication

Some medications make the skin very sensitive to light, making it easier to get sunburnt. If this is stated on the **package leaflet**, you should protect your skin particularly well when outdoors.

Correct storage temperature

Check the packaging and package leaflet to see how your medicine should be stored. Ask at your pharmacy if you are unsure. **Do not** leave medicines **outside or in the car.**

Children need protection from the heat



Babies and toddlers cannot yet regulate their body temperature. Dress them lightly and stay in the shade with them.

Use an umbrella on the stroller instead of cloths to prevent the heat from building up. And: Never leave children alone in the car.

Make sure that children drink enough. Infants do not need any additional fluids.

Older children and adolescents often underestimate the dangers of sun and heat. Therefore, make sure that they also protect themselves from heat and give them appropriate tips.

Strong together on hot days



- **Look out** for your family, neighbours and homeless people.
- Keep in touch with elderly people or people in need of care who live alone. **Call them regularly.**
- **Talk** about what everyone can do to protect themselves from the sun and heat.
- Offer **help**, for example with errands such as shopping or housework.
- Remind each other to **drink and get some rest.**

In an emergency: Call for help!



Signs of a heat illness can include:

- Feeling of dizziness and weakness
- Nausea and vomiting
- Confusion
- Rapid pulse, low blood pressure
- Muscle cramps
- Severe headache and thirst
- Very dry skin and chapped lips
- Reddened or pale skin

Act correctly:

- **First aid:** Lay the person down, cool them down and give them something to drink.
- If their condition does not improve within a few minutes: Call the **emergency services** on **112!**

Please spread the word!

Talk to others about tips on behaviour in hot weather. This flyer is also available in other languages. Additional information in German can be found at



www.lzg.nrw.de/hitzeinfo

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