

## Specific heat-related health hazards

- ⇒ sunburn
- ⇒ heat stroke
- ⇒ swelling of th legs



## Recognize warning signs

- ◆ headache
- ◆ dizziness, nausea, vomiting
- ◆ shortness of breath
- ◆ confusion, restlessness
- ◆ increased temperature or fever



**Contact your family doctor or the family doctor emergency service 116 117**

## For more information, see

- **German Weather Service**  
[www.dwd.de](http://www.dwd.de)  
Hotline 0180-2913913



- **NINA-Warn-App**



- **Federal Center for Health Education**  
[www.bzga.de](http://www.bzga.de)



- **Child health info**  
[www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)

kindergesundheit-info.de

## Life threatening signs

- ➔ heat cramps and heat collapse
- ➔ heat stroke and heat exhaustion
- ➔ unconsciousness
- ➔ high heart rate and low blood pressure

**Provide first aid and call the emergency number 112!**

## First aid measures

- move person to a cool place or shade
- relieve any pressure from tight clothing
- cool your head, neck, hands and feet with damp, lukewarm towels
- give water or juice spritzers
- use a fan



## Tips to protect yourself from the heat



**Editor:**  
Kreisverwaltung Recklinghausen  
FD 53 – Gesundheit  
Kurt-Schumacher-Allee 1  
45657 Recklinghausen  
[www.kreis-re.de](http://www.kreis-re.de)



We are looking forward to summer and enjoying the beautiful season. However...

... high temperatures can put a strain on the human organism.

Babys and young children, pregnant women, senior citizens, homeless people, people working outdoors, overweight people, athletes and those with a pre-existing illness are particularly at risk. Prolonged exposure to heat, not drinking enough water or spending a long time in the blazing sun can raise our body temperature to a level that is dangerous to our health.

## How can i protect myself and my family?



### Good preparation is everything

- ✓ during your next visit to the doctor, discuss possible medication adjustments, water intake and general behaviour

- ✓ keep your medication in a cool place (cool living room or top part of the refrigerator) 
- ✓ have emergency numbers ready (family, family doctor, nursing service, etc.)
- ✓ keep a sufficient supply of water, tea, sugar free soft drinks, waterrich vegetables and fruit
- ✓ pay attention to heat warnings from radio and television, newspapers, social media, the German weather service or the NINA-Warning-App
- ✓ take care of your fellow human beings

### What is important?

- ◆ keep your living area cool 
- ◆ ventilate early in the morning and at night
- ◆ keep windows closed and darkened during the day
- ◆ choose the cooler morning or evening hours for shopping, sports, and other strenuous activities 
- ◆ wear airy, lightcolored clothing
- ◆ cool off with a foot bath, body spray or cold compresses
- ◆ stay in cool places or in the shade
- ◆ carry a water bottle with you at all times

- ◆ remember the hat and sunglasses 
- ◆ use sunscreen with at least SPF 30
- ◆ please do not leave people or dogs waiting in parked cars
- ◆ 2-3 liters are recommended, a glass of water every 2 hours 
- ◆ adjust your fluid intake if you are ill or physically active
- ◆ choose mineral water, unsweetened tea or juice spritzers
- ◆ avoid extremely cold, high-sugar and alcoholic beverages as much as possible
- ◆ keep a drinking log or use a drinking app
- ◆ eat several small meals
- ◆ choose light meals with vegetables, salads and fruit

