

STAY SAFE IN THE HEAT



JULY 2023

#KeepCool

#HealthUnion

As temperatures soar this summer, extreme heat can pose serious health risks. Here are a few basic actions we recommend that you take to stay safe in the heat.



KEEP OUT OF THE HEAT. Stay indoors during the hottest times of the day. If you are outside, avoid direct exposure to the sun.

1



SLOW DOWN. Plan your physical exercise and outdoor games and events for the coolest times of the day.

2



STAY HYDRATED. Drink plenty of water, even if you are not thirsty, to stay hydrated.

3



EAT LIGHT AND HEALTHY MEALS, with a particular focus on fruit and vegetables.

4



WEAR LIGHT, LOOSE-FITTING CLOTHES, A HAT/CAP AND SUNGLASSES, if you go outside.

5



6

TAKE EXTRA CARE TO STORE FOOD AND MEDICINES PROPERLY, always following the labels and instructions.



7

KEEP YOUR HOME COOL. For example, close windows and shutters/blinds in the day and open them at night, when its cooler. Use air conditioning or fan if you have it.



8

TAKE CARE OF CHILDREN AND ANIMALS. Do not leave them in parked vehicles and avoid taking them outside at the hottest time of the day.



9

HELP OTHERS. Check in on family, friends, colleagues and neighbours. Pay particular care to the most vulnerable.



10

LOOK OUT for signs of heat-related illness in others and in yourself. Seek medical care immediately if you suspect heat illness.

BE VIGILANT of public health warnings and follow the advice offered by local authorities. For more information, please check the [WHO Guidelines](#).