

RECOGNISING AND DEALING WITH EXTREME HEAT

Heat can be deadly. Take warning signs seriously.

When is heat dangerous?

- When the temperature rises to / above 30 °C during the day and does not fall below 20 °C at night.
- If the heat lasts for several days (heatwave)

If you observe the following symptoms, I'll give first aid and call the emergency services:

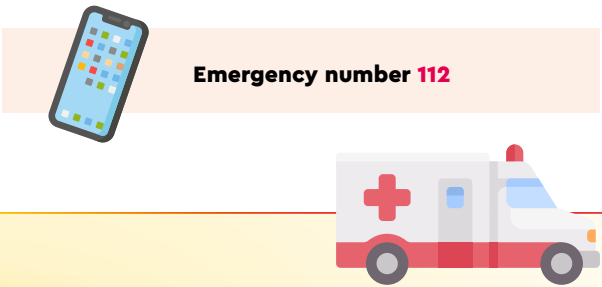
strong headaches	dry, hot skin
A sudden feeling of confusion	body temperature above 40°C
repeated violent vomiting	unconsciousness



HOW CAN YOU HELP IN AN EMERGENCY?

There are many things you can do:

- if the person is responsive, I'll offer them **water to drink**.
- if I suspect a heat-related emergency, **I'll call the Emergency Services**.
- I'll take the person to a **place that is as cool and in the shade where possible**.
- I'll cool down the body**, for example I place damp cloths on the forehead, arms, legs, neck and underarms.



BEFORE THE NEXT HEATWAVE

- I'm prepared – are you too?
- I pay attention to heat warnings on my smartphone, on the radio, in the daily newspaper and on the internet.

Watch out who needs help! You can find more information here:

This flyer was adapted for the city of Bielefeld with the friendly permission of the German Alliance Climate Change and Health e.V. (KLUG).

Stadt Bielefeld
Gesundheits-, Veterinär- und
Lebensmittelüberwachungsamt

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Hot times, cool heads!

www.bielefeld.de/hitzeportal



How do we protect ourselves and others?



HEAT IS LIFE-THREATENING

Who is particularly affected?

Heat affects everyone, but some population groups are particularly at risk: they are less able to adapt to heat or protect themselves from it. Others are more exposed to heat because of their job.



people with disabilities



outdoor workers and people doing sports



pregnant women, newborn babies and small children

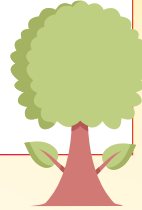


older people who are living alone



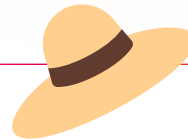
To avoid the heat:

- I'll stay in the shade as much as possible.
- If possible, I'll only go out when it's cooler – in the morning or evening.
- I won't leave anyone behind in the car.
- I'll reduce physical exertion.



Protect your body:

- I'll wear light clothing in bright colours.
- I'll take a cool shower.
- I'll put wet cloths on my neck, joints or underarms.
- I'll take regular breaks, especially when I'm working outside.



Protect yourself from UV radiation:

- I'll apply sun cream – SPF 30+ is cool.
- I'll wear hats – preferably with a wide brim.
- I'll wear long, airy clothing.
- I'll wear sunglasses with high UV protection.



HOW I PROTECT MYSELF FROM EXTREME HEAT

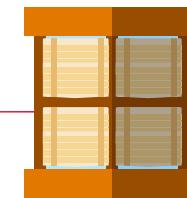
What should I do with medication in hot weather?

- Heat can change the effect of medication.
- I'll discuss possible adjustments to my medication plan with my doctor.
- I'll read the instructions for storage on the package leaflet.



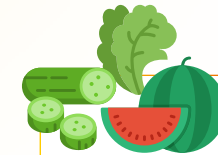
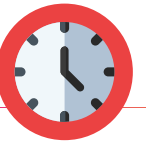
Keeping the house cool:

- I'll ventilate in the morning and evening.
- I'll close shutters, blinds or awnings and draw the curtains.
- I'll leave baking or ironing for days when it's cooler.



Being prepared for heatwaves:

- I'll measure the temperature in my home and stay in the coolest rooms.
- I'll adjust my working hours.
- I get cooling pads.



Drink a lot, eat lightly:

- Water and teas are great, I'll skip alcohol, coffee and soft drinks.
- I'll eat fresh, hydrating fruit and vegetables.
- Less is more: small portions, but more often.



Look out for each other!

See who needs help.
Do you have elderly, single neighbours, friends or acquaintances?
They are particularly at risk during heatwaves.

