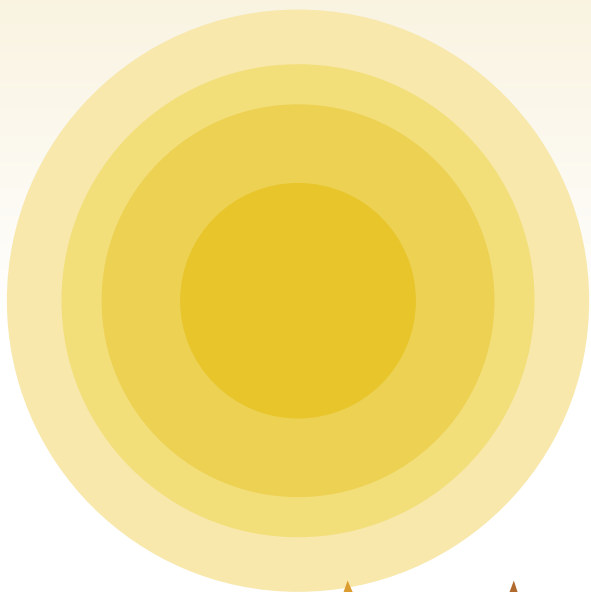


HEALTH MEASURES DURING A HEAT WAVE



THE EFFECTS OF HEAT ON THE BODY



Heat can cause dehydration, sunstroke and/or heat stroke (nausea, dizziness, headache, temperature, and tiredness. In more serious cases: seizures, fainting, decreased consciousness, behavioural disorders-> call 112 for medical assistance.





- Cramps due to loss of minerals.
- Exhaustion: discomfort, headache, nausea, vomiting, intense thirst.
- Dehydration: weakness and feeling of collapse.
- Heat stroke: nausea, vomiting, headache, hot and reddened skin, increased body temperature above 40 °C, unsteadiness when walking, dizziness.

WHO SHOULD BE ESPECIALLY PROTECTED AGAINST HEAT?

The people most vulnerable to heat are the following:







- Children under 4 years of age. 
- Pregnant women. 
- Elderly people. 
- People with diseases such as hypertension, diabetes mellitus, heart disease, etc. 
- People with reduced mobility. 
- People who work outdoors. 

PROTECT YOURSELF AGAINST HEAT! How to protect yourself against heat?

-  Drink water and fluids frequently without waiting until you are thirsty.
-  Increase your intake of salads, vegetables, and fruit.
-  Avoid fatty foods and large meals.
-  Avoid caffeinated, alcoholic, and sugary drinks.





OUTDOORS:



-  Avoid exposure to the sun in the middle of the day (noon to 5 p.m.).
-  Wear lightweight, light-coloured clothing, hats, caps and certified sunglasses. Use sun protection with a high protection factor suitable for your skin type, even in water.
-  If you plan to do physical exercise, schedule it for early morning or late evening.
-  Always carry water with you.
-  Take advantage of the network of comfortable routes and climate shelters in Vitoria-Gasteiz.
-  Make sure that no person or animal is left in a parked and closed vehicle, even if it is in the shade.

INDOORS:



-  Take advantage of cooler spells to ventilate indoor rooms, and if you have a fan, use it.
-  Refresh your body with cool water.
-  Try to visit elderly people who live alone or are dependent at least once a day.
-  Take special care of those most vulnerable to the heat: children, the elderly, and people with illnesses, especially if they live alone..