

# Keep a cool head

## 5 practical tips against heat

Prolonged periods of hot weather can be very physically demanding and can lead to serious health problems. Simple measures will help you to cope on hot days.

# 1.

### Healthy supply of water

- **Drink enough:**  
At least 1.8 litres of fluid daily
- **Drink regularly:**  
Fluid intake evenly distributed throughout the day
- **Variety when it comes to drinks:**  
Alternate between different drinks, such as mineral water and diluted fruit juices



# 2.

### Light summer meal plan

- **Fruity fresh:**  
Eat plenty of water-rich fruit and vegetables
- **Easy and light:**  
Stick to light foods, such as steamed vegetables, broth, etc.



# 5.

### First aid in an emergency

- **Get out of the heat or the sun immediately:**  
Buildings or shelters like trees provide protection from the sun
- **Loosen your clothes**  
or remove tight items of clothing
- **Cool down with moist, lukewarm cloths:**  
Head, neck, hands and feet
- **Drink plenty of fluids:**  
Mineral water or lightly salted water  
**Caution:** This does not apply if your consciousness is clouded as there is a risk of suffocation!



# 3.

### Cool down quickly

- **Cooling:**  
Moist compresses cool the head, neck, hands or feet
- **Shower:**  
A cold shower cools the body and activates circulation
- **Spray:**  
Cooling water sprays provide relief



# 4.

### Caution instead of hindsight

- **Stay alert:**  
Early symptoms, such as dizziness, drowsiness, weakness, headaches, nausea, muscle pain, exhaustion or blurred vision are signs of overheating.
- **Remember:**  
Symptoms can also distinctly occur after spending time in the heat.
- **Correct storage:**  
Strong temperature fluctuations can influence the effectiveness of certain medications. Pay attention to the specified storage temperatures or ask your pharmacy for advice.



### Other helpful tips to combat the heat

- Stay in the shade or in air-conditioned buildings
- Carry out unavoidable activities in the morning, if possible
- Wear light, loose clothing and protect yourself with sun protection
- Find out about the current weather situation and weather forecasts in the local news

