

HITZE

ENG



*Stay cool –
despite high temperatures*

linz.at/hitze

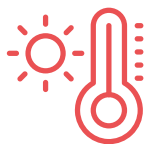
L_nz

In cooperation with



General Advice

How to cope in hot weather?



Plan activities and errands during the mornings or evenings when it is cooler.



Avoid exercise and strenuous physical activity.



Ventilate rooms very early in the morning and at night; shade windows during the day.



Wear light, breathable clothing made of cotton, linen or viscose which are highly breathable and provide good airflow.



Find a cool or shady place – especially at noon!



Wear sunscreen, sunglasses and a hat, as the brain is particularly at risk from overheating when outside.

Vulnerable People

**Care for each other –
especially in hot weather**

*Take care of your neighbours, friends
and relatives, especially if they
belong to one of the heat-vulnerable
groups and live alone:*



individuals with disabilities

people in need of
homecare and those
with chronic illnesses



people over the
age of 65



pregnant women or
breastfeeding mothers,
infants and young
children



those working or
exercising outdoors



homeless
individuals

individuals living
alone or who are
socially isolated



people living in
dense urban areas

Dangers and Illnesses

When is Heat Dangerous?

When daily temperatures reach 30 °C or higher and nightly temperatures stay above 20 °C, and during a heat-wave that lasts several days.

Heat-related Illnesses

Heat can cause severe health damage and may lead to fatal heatstroke. Prompt action is necessary to avoid further complications. Call emergency services (144) immediately if any of the following symptoms occur: wiederholtes, heftiges Erbrechen

- repeated and severe vomiting
- sudden confusion
- impaired consciousness
- unconsciousness
- very high body temperature (above 39 °C, measured orally)
- a seizure
- circulatory shock
- severe headache
- dry, hot skin



Medications and Extreme Heat

Heat can alter the effectiveness of medication.



- Consult your doctor regarding adjusting medications during heatwaves, as some medications can:
 - ... reduce sweating,
 - ... affect body temperature,
 - ... constrict blood vessels, or
 - ... cause fluid loss.
- Check the patient information leaflet for instructions about correct medication storage. Many medications need to be kept in a cool place.

Tips for Cooling Down



- Apply wet cloths to your legs, arms, face and neck.
- Take cool, but not cold, showers or (foot/wrist) baths.
- Moisten your skin with a wet sponge or spray water from a spray bottle without drying off afterwards – the evaporating water will cool your body.
- Use an indoor fan.

Proper Nutrition

Hydration in Hot Weather



- Drink fluids before you feel thirsty!
- It is best to drink plenty of mineral water – at least 1.5 to 3 litres daily. Tap water is not recommended as it contains too few electrolytes.
- Alternatives include unsweetened fruit or herbal teas, or fruit juices heavily diluted with water.
- Pay special attention to encouraging babies and toddlers to drink frequently.
- Remind and encourage elderly people to drink regularly.

Eating in Hot Weather



- Eat smaller, more frequent meals instead of large ones.
- Eat low-fat foods and limit meat consumption.
- Eat plenty of fruits and vegetables, as well as soups that are warm and not hot, and salads.
- Eat foods with a high water content.

First Aid in an Emergency

Is the person responsive?

Offer them a drink of water, and move them to a cool, shady place.

Is the person confused, unresponsive, unconscious, or experiencing cardiac arrest?

Call 144 for Emergency Services
IMMEDIATELY!



Emergency Services 144

**Emergency Services for the
hearing impaired: DEC112 App**

Until emergency services arrive, the following measures can be helpful:

- Kühlen Sie die Person durch kühle, feuchte Tücher auf Stirn, Nacken, Arme und Beine.
- Cool the person down using cool, damp cloths on the forehead, neck, arms, and legs.
- Fan the person vigorously.
- If the person is unconscious but breathing: Place them in the recovery position to ensure open airways.
- If the person is not breathing and has no detectable heartbeat: Perform mouth-to-mouth resuscitation and chest compressions, ideally by a person with first aid experience.



Content:

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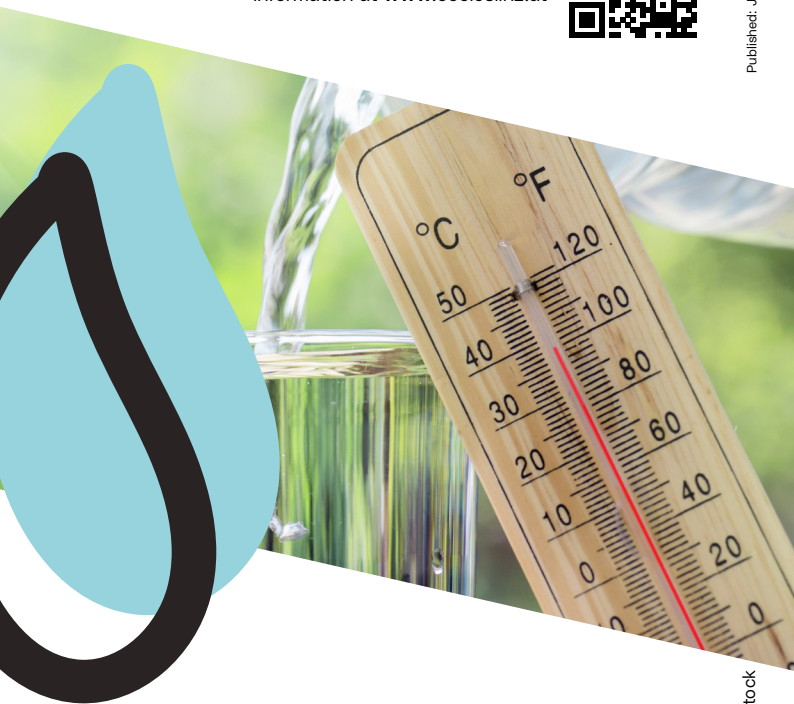
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Heat Hotline: 0800 880 800

Health Hotline: 1450

Cool places for hot days – map and further
information at www.coolleslinz.at



This information brochure was created in cooperation with Barmherzige Brüder Österreich as part of the "Heat Protection Plan for Linz" project.