

Who is at particular risk?

These groups of people can have a decreased sense of thirst or an increased fluid requirement:

- Infants and children up to 4 years of age
- Adults over 65 years old
- Elderly people
- People who are overweight
- People who do manual labour
- People with chronic illnesses
- People with febrile illnesses
- People who consume drugs and alcohol
- People with dementia
- People who take specific medications (e.g. antidepressants, sleeping pills, specific psychotropic drugs, anti-Parkinson's medication, sedatives)

Heat-related symptoms – keep a close eye on the people around you:

Is their behaviour unusual?

Are they acting confused?

What is their complexion like?

Are they complaining about headaches or other symptoms?



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Summer, sun, heat:

How to
protect your health in
hot temperatures



Symptoms that can occur if the temperature is too high

- Heavily reddened, hot face
 - Headache, feeling of exhaustion or weakness
 - Nausea, stomach cramps and muscle cramps
 - Unusual feelings of restlessness and confusion
 - Dry skin and dry mucous membranes
 - Increased body temperature (higher than 37.5°C)
- Be careful:** Often mistaken for infection-related fever!

Immediate measures for heat complaints

- Cooling, e.g. with a cold facecloth on the forehead, on the neck, as a leg compress
- Stay hydrated!
- Seek shade or a cool place
- If there is no improvement: Consult a doctor!

If you or others experience unusual health problems such as circulatory problems, headaches or vomiting, contact a doctor.



You should pay attention to this!

Look after yourself and the people around you!

- **Make sure you are drinking enough and regularly!**
Make sure you are consuming enough fluids and electrolytes! In particularly hot temperatures, you should drink at least 1-2 litres more fluid than usual per day (e.g. fruit juice spritzer or mineral water). Avoid drinks that are too cold, alcohol, coffee, or black tea.
- **Monitor your medication intake**
If you have any health problems, consult your GP as a precaution.
- **Wear light clothing**
Make sure you wear light, airy clothing and always keep your head covered.
- **Make sure you get enough sleep**
If possible, have a rest after lunch and sleep with airy bedding.
- **Keep your home cool**
Only let air in when it is cooler outside than inside.
- **Avoid the heat**
Avoid going out in direct sunlight and postpone physical activity outdoors until early in the morning or late in the evening.
- **Make sure you use appropriate sun protection**
Use sun cream with a high sun protection factor and wear suitable clothing, e.g. a T-shirt, especially when swimming. This is especially important for children!
- **Don't use cosmetics**
Cosmetics and perfume can cause pigmentation disorders in hot weather.
- **Choose food that is easy to digest**
Eat light foods such as ripe fruit and vegetables that are easy to digest.

Important: Stay hydrated!

A drinking plan can help you to keep track of how much you drink.

Make sure you drink enough fluids in general. The elderly and people in need of care often have a lack of thirst, and children forget to drink.



Tips to make it easier to comply with the recommended fluid intake:

- Drink together with your loved ones.
- Have a drink with every meal.
- Make the daily amount of drinks visibly available.

But be careful!

Too much fluid can also lead to physical complaints. If you have a chronic illness, please talk to your doctor about the right amount to drink for you!