

Heatwave

Protect yourself from the sun and heat.

Stay hydrated and cool.

At home, control the temperature:

During sunny hours, close blinds and windows where direct sunlight enters.

Open windows at night to cool the house.

Stay in the coolest rooms.

Use a fan or air conditioner. If you don't have air conditioning, try to spend the hottest hours of the day in air-conditioned places (libraries, movie theaters, etc.).



Outdoors, avoid direct sunlight:

Wear a cap or hat, sunglasses, and sunscreen.

Wear light-colored, loose-fitting clothing made of lightweight fabric (such as cotton).

Try to walk in the shade, stay under an umbrella when at the beach, and rest in cool places.

Bring water and drink frequently. Wet your face and even your clothes a little.



In the car:

Avoid driving during the hottest hours of the day.

Never leave children or frail people inside with the windows closed. This also applies to pets.

If you are taking a long trip, stop every two hours to walk around and cool off.

During the hottest hours of the day:

Reduce intense activities, especially outdoors or without air conditioning.

Avoid going out at midday, when it is hottest.

Protect and hydrate pets.

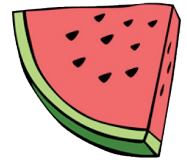


Fluids and food:

Drink water even if you are not thirsty.

Do not drink alcoholic beverages or beverages with high sugar content.

Avoid very hot and high-calorie foods.



Help others:

Take care of the most vulnerable: babies, young children, the elderly, people with chronic illnesses, disabilities, mental health problems, the homeless, or those who live in isolation.

If you know elderly or sick people who live alone, visit them twice a day.

Keep in frequent contact.

Help them follow these tips.

If they take medication, check with their doctor to see if it can affect their body temperature regulation.

Where can you get information?

Find out the opening hours of the nearest primary care centers in your municipality or vacation spot.

Remember the number 061 (CatSalut Respon), available 24 hours a day. They can give you health advice, tell you where the nearest health centers are, or, if necessary, arrange for home care.

Pharmacies can give you information on how to avoid problems caused by the heat.

Follow the weather forecasts, as they will give you advance information on the hottest days.

Consult health and social care professionals to prevent possible health problems.