

Heat emergencies

Recognizing a heat emergency

Various symptoms can occur in heat emergencies:

- headache
- nausea / vomiting
- bright red head
- fever
- dizziness
- chills
- extreme thirst
- reduced urine volume – dark urine



First aid in the event of a heat emergency

- Move the person into the shade.
- Ensure they are calm.
- Open any tight clothing and bring in fresh air if possible.
- Apply cold compresses to the forehead.
- If the person remains conscious, give them water to drink.
- If you remain conscious, keep the upper body elevated.
- Call the emergency services (112) if necessary.

Knowing when it's going to get hot

Prepare for the next heatwave.

Watch out for heat warnings on TV, on the radio and in the newspaper. Follow the temperature trends in the weather apps and emergency warning apps (e.g. Nina).

The German Weather Service publishes heat warnings by 10 a.m. at the latest for days when the heat could be dangerous.



Hitzewarnsystem des
Deutschen Wetterdienstes

Tips and advice for hot days

Kontakt

DRK Kreisverband Euskirchen e.V.

Lotsenstelle „Perspektiven nach der Flut“
Aus- und Weiterbildung, Familie, Senioren
Jülicher Ring 32b, 53879 Euskirchen

Angelika Eimermacher

☎ 02251 79 11 72

✉ aeimermacher@drk-eu.de



Karoline July

☎ 0151 / 463 311 27

✉ kjuly@drk-eu.de



Sie haben Interesse an
einer Informations-
veranstaltung zu dem
Thema?

Sprechen Sie uns an!

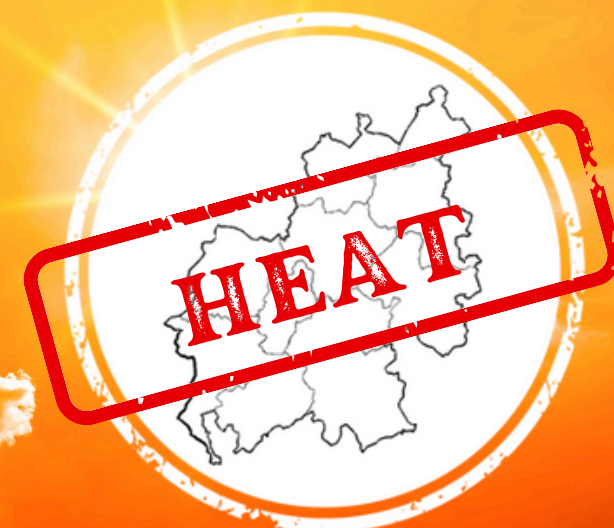
www.drk-eu.de



hier finden Sie das
ganze Angebot zum
Umgang mit
Naturkatastrophen

Natural disasters in the Euskirchen district

**Know the dangers.
Avoid risks.
Build resilience.**



Knowledge creates safety

The number of days with extreme heat stress is expected to increase further in the future. It will probably at least double in most regions of Germany over the course of the century.

Several thousand people have already died in Germany during heatwaves in recent years as a direct result of the heat. The number of hospital admissions also increased significantly due to the persistent heat. Older people are particularly at risk.

We have summarized helpful tips on how you can protect yourself and those close to you, especially on hot days, in this flyer.

Drink enough

Drink at least 1.5 litres of water a day – more is better!

Good thirst quenchers are: Mineral water, diluted juices, herbal and fruit teas.

Drinks are best drunk lukewarm – not ice cold!

Avoid drinks containing alcohol or caffeine.



Tips and advice for hot days

General tips

- Adjust your daily routine during a heatwave. Move physical activities and errands to the cooler morning and evening hours.
- Darken your home and provide shady areas outside.
- Talk to your doctor if you are dependent on medication – the dosage may need to be adjusted in the heat.

Eat light meals

- Salads, vegetables and fruit are ideal in hot weather.
- Salty foods help to compensate for mineral loss.
- Avoid foods that are difficult to digest and high in fat.

Take a lukewarm shower

30° C is not only the ideal temperature for washing clothes. In summer, lukewarm water is also better for showering than cold water.

The cold water causes the blood vessels to contract and stimulates the circulation. Instead of cooling down, you sweat even more! A lukewarm shower in the evening, on the other hand, is relaxing. This ensures a restful sleep.

Tips for at home

- Ventilate mainly at cooler times of the day, e.g. in the early morning and late evening.
- Create a draught in rooms where you spend a lot of time. This prevents the heat from building up too much.
- Keep the humidity low. Draughts or fans can help with this. Fans also keep the air moving. This draws heat away from the skin.
- Cool down in between with cool footbaths or cooling lotions. Also, cool your forearms and wrists under cold water.

Tips for on the road

- Think about sun protection. Use sunscreen with at least sun protection factor 20. For children, use mineral sunscreen with at least sun protection factor 30.
- Cover your head.
- Avoid blazing sun. Try to stay in the shade.
- Always take something to drink with you.

Be there for each other

Pay attention to older people around you during a heatwave.

People aged 65 and over are particularly at risk in high temperatures. Elderly people who live alone or have limited mobility are particularly dependent on support.

Offer your help to people at risk on hot days.

Make older people around you aware of the situation. Contact elderly, sick or single people by appointment at least once a day and ask how they are feeling. Ask how much the person has drunk and how warm it is in their home.

Network and keep in touch.

If you suddenly experience symptoms of heat stress, you need to pay particular attention. Take good care of yourself and your relatives, friends and Neighbours.

Did you know?

From an air temperature of 37° C it becomes dangerous, as the human body can then no longer release heat.