



**KEEP OUT OF THE SUN!**

**AVOID DIRECT EXPOSURE TO THE SUN, ESPECIALLY BETWEEN 11.00 AND 17.00**



**WEAR A WIDE-BRIMMED HAT OR USE AN UMBRELLA**

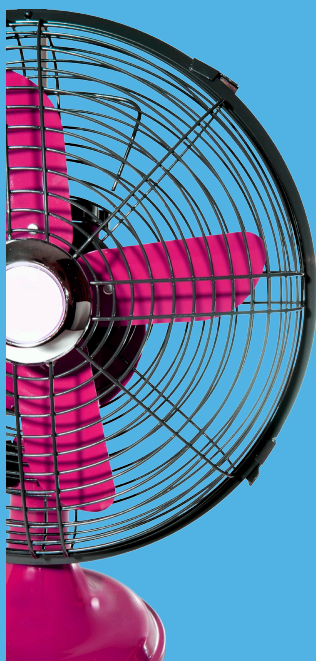


**WHENEVER POSSIBLE, WALK IN THE SHADE AND REST IN COOL PLACES**



**AVOID TRAVELLING WHEN IT IS HOTTEST; PREFERABLY TRAVEL AT NIGHT**

**AVOID SITTING IN VEHICLES EXPOSED TO THE SUN**



## **PROTECT YOURSELF!**

Shower with tepid or cold water

Keep your house cool: close the windows during the hours of greatest heat and open them at night when the temperature drops

Stay in the coolest rooms

Spend two or three hours a day in air-conditioned places (houses of friends or family with air-conditioning, shopping centres, supermarkets or cinemas)

Use fans. Although they do not reduce the air temperature, by making the air circulate they help to make your sweat evaporate and so lower your body temperature

Reduce the amount of intensive physical activity you do

Take frequent breaks during outdoor activities or work, and rest in cool places

Get advice from your doctor about any medication you are taking

blsccc.com



**ARS ALGARVE, I.P.**  
Departamento de Saúde Pública

# Heat Waves



Keep informed this summer  
Pay attention to the alerts  
that are issued every day  
Find out how to protect yourself!

When temperatures are very high for a number of days running, this is called a Heat Wave.

### CONSEQUENCES OF A HEAT WAVE:

»» Dehydration and Worsening of Chronic Illnesses caused by the loss of liquids and mineral salts (chlorine, potassium, sodium).

»» Heat Exhaustion caused by the excessive loss of water and mineral salts. **Warning signs:** intense thirst, fatigue, feeling unwell, anxiety, dizziness, headache, damp, cold skin.

»» Heat Stroke occurs when the perspiration mechanisms fail and the organism is unable to lower body temperature.

**Warning signs:** hot skin, dry, red and with no sweat, headache, nausea, intense thirst, convulsions, apathy, loss of consciousness.

In the presence of these symptoms, the person must be taken to a cooler place and be given water, and the emergency number should be called - **Call 112**

### BE PREPARED THIS SUMMER:

Make your home a cooler place: fit awnings and shutters;

Plan your shopping and outings, preferably at times when it is not so hot;

Wear light-coloured, loose, cotton clothing;

Prepare fresh, healthy meals (salads, cold soups, fruit);

Drink water several times a day and avoid sugary and alcoholic drinks. Whenever you go out, take a bottle of water with you;

Give water to children and chronically ill, elderly people, even if they are not thirsty;

Identify your family members, friends or neighbours who will need your support or help;

Every day, check the alerts given in the media (television, radio and newspapers) or consult:

[www.arsalgarve.min-saude.pt](http://www.arsalgarve.min-saude.pt)  
[www.dgs.pt](http://www.dgs.pt)

#### Level 1

Normal temperatures for the time of year

#### Level 2

High temperatures with health repercussions

#### Level 3

Very high temperatures with serious health consequences

If you have any queries, please call the 24-hour health helpline:

**808 24 24 24**

