



## **Mr. Johnson**

There was a man named Mr. Johnson who had always managed to handle the heat in the past, but last year, during a particularly intense heatwave, he really felt the effects. Now, whenever the temperature soared, he knew he had to take precautions.

Mr. Johnson had a straightforward approach when it got too hot. He would stay indoors, do as little as possible, and drink plenty of water. He also tried his best to keep his house cool by closing the curtains. At the front of his house, he didn't have curtains or shades, but he was starting to think about getting some for the hottest days. At the back, he had an awning, curtains, and a sunshade, which helped keep things cooler inside.

He was very aware of the health risks that came with extreme heat. "You have to be careful not to overheat," he said. "It's bad for your heart and blood vessels. The trouble is, sometimes you don't realize you're overheating until it's too late." Mr. Johnson knew it was important to cool down by moving into the shade and to be mindful when cycling in the heat—always wearing something on his head to avoid heatstroke. He recalled his time volunteering in a nursing home, where he would offer extra water to the residents and remind them to take small sips after using the restroom.

To avoid suffering in the heat, Mr. Johnson had a few key strategies. He made sure to wear a hat, seek shade under a parasol or tree, and avoid going outside during the hottest parts of the day. Instead, he'd go out in the early morning or late evening, much like people in southern Europe do. He also had a simple but effective trick—soaking his feet in a small tub of cool water while sitting in the shade.

His knowledge about dealing with heat came from his own experience, what he had heard from others, and lessons passed down from his parents. His father had always warned him to stay out of the sun, long before sunscreen was a common thing. "That's how it is for young people now too," Mr. Johnson said. "You learn by watching others."

When the weather was unbearable, Mr. Johnson didn't feel the need to go anywhere special. He would stay inside and find a cool spot, maybe visit a park or a quiet place if he felt like it. The hardest part was trying to sleep at night when it was just as hot inside as outside, especially after several days of heat. Still, he knew that having a well-insulated home helped.

If another heatwave were to hit, Mr. Johnson didn't think he needed extra support. "I'll just do what I've always done—take it easy and stay cool," he said. He also mentioned the option of using a grocery delivery service if he couldn't leave the house.

He wasn't informed about the last heatwave specifically, but he figured there hadn't been any special announcements. "I didn't see any extra information," he shrugged. He believed that people could share knowledge through television or simply by looking out for one another, rather than relying on government flyers, although he understood that some older people might appreciate written information.

Mr. Johnson felt strongly about helping others during heatwaves. "We should keep an eye on each other," he said. He suggested checking in on neighbors, sharing tips, and making sure everyone was staying hydrated, dressing lightly, and keeping their homes cool. For him, it was all about being mindful of those around you.

His advice for older people facing another heatwave was simple but important: "Keep the sun out, close your windows, find a cool spot, drink plenty of water, and take it easy."



Co-funded by the  
European Union