

# Let's BEAT

# the HEAT

Let's beat the heat by following this



# SELF-CARE



Take cool showers or baths.

Wear light, loose-fitting clothes of natural materials, like silk, cotton and linen.



Avoid synthetic fibres clothes.

Avoid pillows, due to heat accumulation.

Keep hydrated.

Avoid alcohol, too much caffeine and sugar-rich drinks.



Eat regularly and in small meals.

Eat fruits and vegetables regularly and avoid over-processed and fried food.

Keep medicines as the storage instructions say, and consult your doctor or pharmacist in terms of usage.

Have someone alert and available in case of need.



Wear less clothing to bed, to avoid heat accumulation.

Work on a healthy sleep routine, heat makes us sleep less.



# SELF-CARE



Stay informed about weather conditions.  
In case of emergency, call 112/911 immediately.

Place damp cloths on wrists, face, and  
neck to cool your body temperature.  
Refresh yourself with wet towels.



Use hand fans.  
Put your feet in cold water to  
refresh the body.

Ask your doctor advice in case of unusual  
symptoms or about a specific health  
condition.



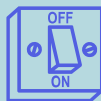
# HOME-CARE

Open the windows and shutters when it's cooler.

Close the windows and shutters when it's hotter.



Keep artificial lighting and electrical devices switched off whenever possible.



Hang wet towels all over the house to cool down the air.

Search for the coolest rooms in the house.



Search for the coolest rooms in the house  
Use air conditioning or fans when possible.



If you don't have air conditioning, search for cool places outside.



Don't reduce air conditioning temperature more than 22-24 degrees Celsius.



# OUTDOORS

Avoid staying outside during the hottest periods.



Avoid physical activity during hot periods or seek a safe one.



Search for shades or cool places outside.  
Search for places that offer air conditioning.

Avoid direct contact with the sun.  
Protect yourself with a high protection index sunscreen, applying it every 2 hours



Wear light and loose clothing.  
Wear a hat and sunglasses.

Don't stay in the sun for long periods.  
Do not stay in parked cars exposed to the sun.



Avoid travelling during the hottest periods.  
Take sufficient water and food when travelling.



Stop and rest in cool places when feeling unwell.



# SOS CONTACTS



find the HOPE team on our website

<https://hopeheatwaves.wixsite.com/hope>



HOPE

Responding to Heatwaves  
in Older People Ecosystem



Erasmus+