

HEAT WAVE

GENERAL INSTRUCTIONS OF PROTECTION

- Avoid sunbathing. Remain in shadowy and cool places avoiding crowded places.
- Avoid the heavy physical work, particularly in places with high temperature, and great humidity. Avoid walking for a long period of time or running under the sun.
- Prefer the light, comfortable and light colored clothing from porous material in order to facilitate the airing of the body and the vaporization of sweat. Wear a hat or another head gear from natural material that permits the good airing of head.
- Prefer the small and light meals, with emphasis on fruits and vegetables and cut down the fatty foods.
- Drink a great amount of liquids (water and fruit-squashes). If sweating is intense, it is recommended additional receiving of salt in order to keep the level of liquids in the constitution.
- Avoid alcoholic drinks.
- Have many lukewarm showers during the day. It will be good also to put wet covers on head and neck, as protective measures. Wear black or dark colored glasses which protect the eyes from the intense reflection of sun.
- Consult your doctor for the application of special instructions for those who suffer from chronic diseases (respiratory, heart-vascular etc).
- For those who take medicines have ask their doctor if they must continue them in their usual dosage as some of them increase the temperature of the body.
- Avoid long-lasting travels with the various means of transport, during the high heat.

SPECIAL INSTRUCTIONS OF PROTECTION FOR NEWLY BORN BABIES AND BABIES

- The newly –born babies must be dressed in the most light clothing. It is preferable that their hands and feet are free and not covered by nappies.
- When it heat is on, they must often be offered, apart from milk (maternity or any other) other liquids such as camomile, water, etc.
- Babies and the elder children are advisable to eat more vegetables and fruit and less fatty foods.
- It is advisable for children not to stay for a long time under the sun and always wear hat.

SPECIAL INSTRUCTIONS OF PRECAUTION FOR THE ELDERLY

- A very hot and damp environment in the great heat is dangerous for the elderly. In this case if cooling the apartment is difficult, it is preferable to move the elderly in cooler areas.
- If moving the elderly in a seaside district or in mountain is not easy, then staying in lower apartments of multi-storey houses is an easy solution.
- Generally during the day the room or the house must be hermetically closed, after being cooled and remained open for the whole night.
- Families with elderly persons shouldn't leave them alone for summer vacations or many days of absence from the house. In the opposite case, they must secure that a person is taking care of them.

The above instructions of precaution are recommended by the General Secretariat of Civil Protection, in co-operation with the Ministry of Health and Social Solidarity, and the Hellenic Center for Emergency Care.