too hot?

Watch out for the warning signs:

Dizziness or fainting
Nausea or vomiting
Fatigue or weakness
Headaches
Aching or cramps
Rapid breathing or high heart rate
Extreme thirst
Dark yellow urine
etc.

If you are concerned about your health, call your doctor or the duty doctor on 058 6 116 116

Heatstroke is a life-threatening emergency

Warning signs:
+ Body temperature > 40°C
+ Confusion and unconsciousness
+ Dry skin and no sweating

If someone is unconscious or it is impossible to get them to drink:

Call 144 and, while you wait for the emergency services:

Apply cold water all over their body
Fan them as must as possible
Move them to a cool place

Direction générale de la santé (Directorate General for Health) (DGS VD)

too hot?

PUBLIC HEALTH INFORMATION

Solutions to protect you in extreme hot weather

canton de vaud
LIBERTÉ ET PATRIE

More information at vd.ch/chaleur

Solutions to protect you in extreme hot weather

Life-threatening emergency?

144

Think about other people

Check in with your friends, neighbours and vulnerable people nearby (people who are old or unwell, need assistance, etc.)

Keep heat out of your home

Close windows, blinds and shutters during the day

Air your home early in the morning, in the evening and/or at night

Check the weather forecast

In the media, on mobile apps and on the web

Drink frequently, without waiting until you are thirsty

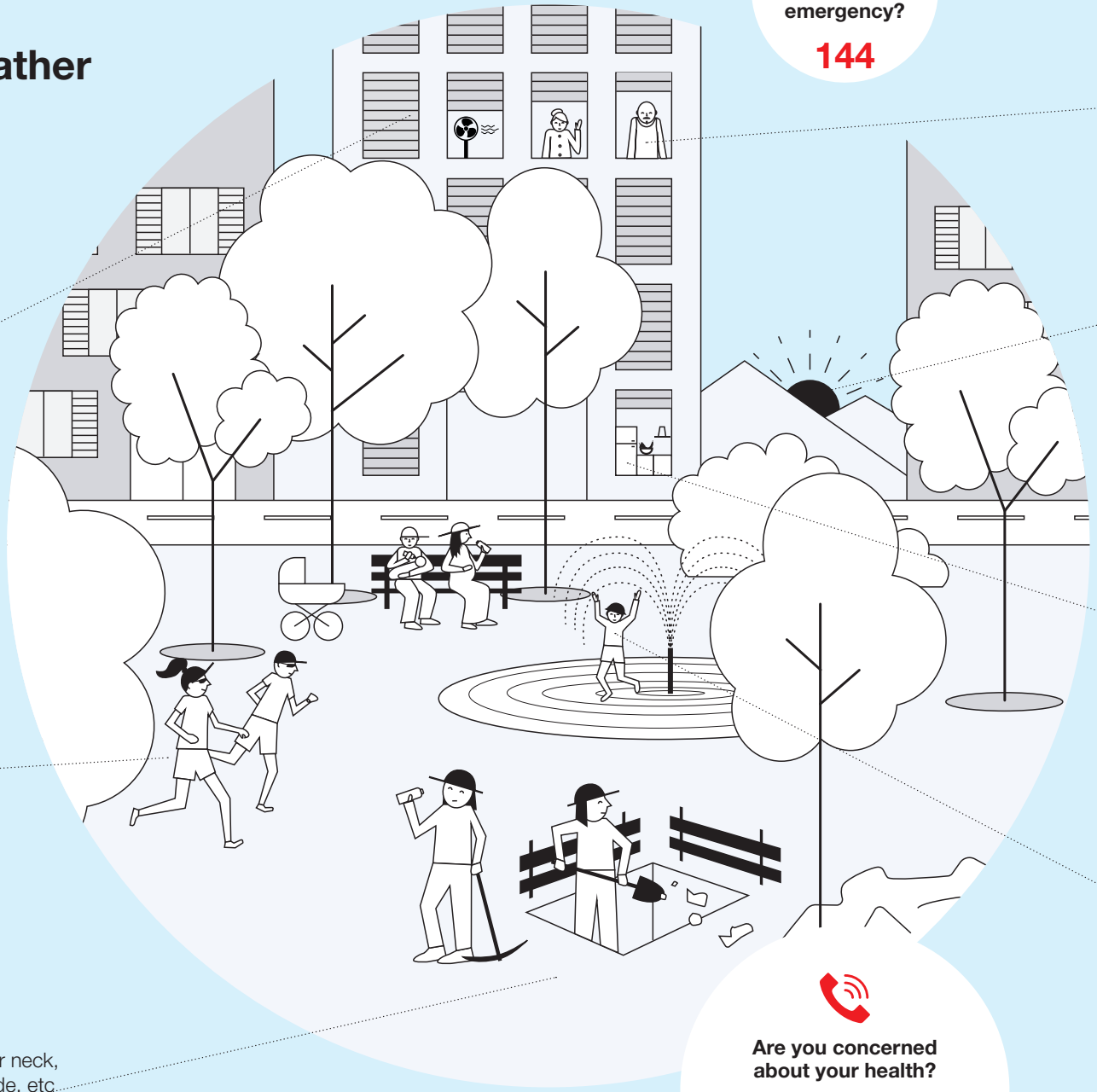
1.5 to 2.5 litres of water per day

Avoid sugary drinks, coffee, tea and alcohol, which make you more dehydrated

Eat lightly

Opt for cold meals, with plenty of fruit and vegetables

Avoid eating foods that have been left at room temperature for a long time (risk of food poisoning)



Save going out and exercise for the coolest times of the day

Go out in the early morning if possible, when the air is cooler and less polluted

Wear light clothing

Choose loose, light-coloured clothes

Cool yourself down

With a spray and/or a damp cloth, or a cool bath or shower

Stay in a cool place

Work at cooler times and/or protect yourself from the sun

As far as possible, cover the back of your neck, use factor 50 sun cream, stay in the shade, etc.

Are you concerned about your health?

call

your doctor

or the duty doctor

058 6 116 116

Seek advice if you are on medication

Talk to your doctor or pharmacy to identify heat-related problems