Solutions to protect you in extreme hot weather

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 0848 133 133

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)
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**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

**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

**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

**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.

**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)

**Check the weather forecast**
In the media, on mobile apps and on the web

**Cool yourself down**
With a spray and/or a damp cloth, or a cool bath or shower
Stay in a cool place

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

**Seek advice if you are on medication**
Talk to your doctor or pharmacy to identify heat-related problems

**Are you concerned about your health?**
call your doctor or the duty doctor 0848 133 133