



Stay cool, stay hydrated, stay informed

Tips to stay safe in the heat:



Stay indoors and in a cool place during the hottest time of the day (11am - 4pm).



Keep your house cool by closing windows and curtains during the day and opening them at night.



Wear light loose clothing, walk in the shade and wear a hat when outside.



Drink plenty of water even if you are not thirsty. Carry a bottle of cold water with you when you go out.



Avoid sugary drinks, alcohol and caffeine.



Eat light hydrating meals e.g. salads and fruit.



Plan physical activity for the coolest part of the day e.g. early morning or late evening or exercise indoors in an air-conditioned room.



Seek medical advice if you experience any heat related symptoms such as dizziness, heavy sweating, nausea, vomiting, increased heart rate or muscle cramps.

It is important to check in on elderly relatives and neighbours regularly, especially during a heatwave. If you are at risk yourself, identify a relative or neighbor who can regularly check in on you.

Phone **21 231 231** for heat health advice

Call the Emergency Number **112** in cases of heat stroke (seizures, agitation, lethargy, rapid pulse, rapid shallow breathing)

For **Tips** on staying healthy during the hot summer months and preventing heat related illnesses visit hdpd.gov.mt