

Who are at risk to extreme heat?



Older adults (such as over 65)



Individuals with chronic medical conditions: heart disease, lung and kidney conditions, diabetes and mental illness



Children under five years old



Pregnant and lactating women



Outdoor workers (incl. traffic police, security guards, street vendors, construction workers etc.)



Individuals with disabilities



Overweight and obese individuals



Homeless people, migrants and refugees



People living in densely built areas



YOU CAN PREVENT HEAT DEATHS

Reach out to your grandparents and elderly neighbors. See if they can access water to stay hydrated and have a way to cool themselves when it gets really hot



Give them a phone call or pay them a visit

If they seem disoriented or confused encourage them to seek medical help



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SIGNS OF HEAT STROKE

Throbbing Headache



May Lose Consciousness

Call for emergency help, and take action to cool the person until help arrives

Rapid Strong Pulse



High Body Temperature



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First aid for heat exhaustion



A child can be given a cool bath.



Place the person in a cool, air-conditioned, sheltered place, if possible.



Carefully monitor the person for heart-related distress and comfort the person until help arrives.
Put the person in a comfortable position to rest.
Cover the person with a damp cloth and use a fan or mist to cool them

If the person is conscious and does not vomit, give them water to drink in small sips.



Seek medical advice and respect the advice given.



Carry out a complete check-up of the person, take their temperature and carry out the necessary rescue measures.

How to recognise the signs of heat illness

• HEAT EXHAUSTION •



Faint or Dizzy



Excessive Sweating



Cool, pale & clammy skin



Get to a cooler place. Drink water if fully conscious. Take a cool shower or use cold compresses.

• HEAT STROKE •



Call for emergency help, and take action to cool the person until help arrives.



Throbbing Headache



Rapid, strong pulse



High body temperature



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First aid for heatstroke



Call the emergency phone number for an ambulance immediately.




Immediately carry out active cooling measures. Immerse the whole body (neck down) in water of 1-26°C (33.8-78.8°F) until the person's core temperature is less than 39°C (102.2°F). If water immersion is not possible, use the following active cooling techniques:



Move the person to a cool place with circulating air.



Cool the person by splashing room temperature water on their skin or sponging their skin with a damp cloth.



Remove unnecessary clothing. Loosen tight clothing.



Provide an electrolyte solution. This can be made by adding a pinch of salt and a pinch of sugar to a glass of water. Do not attempt to give oral fluid if the person is not fully conscious.

Make a wind tunnel by suspending sheets around, not on, the person's body. Use a fan to direct gentle airflow over the person's body.

Shivering is an automatic muscular reaction which warms the body. It will make the body re-temperature even further. If the person starts shivering, stop cooling immediately and cover them until they stop. Once they have stopped, restart first aid treatment.

Apply cold packs or wrapped ice to the person's neck, groin and armpits. These are locations where major blood vessels are close to the skin, making it the fastest way to transport cooler blood throughout the body.



If the person is fully conscious sit them up to facilitate drinking and provide cool – not cold – fluid to drink.



PROTECT CONSTRUCTION WORKERS FROM EXTREME HEAT



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PROTECT ELDERLY PEOPLE IN EXTREME HEAT

Heat is dangerous.
You- older adults
are at greater risk.

Chronic health
conditions (such as
heart, lung,
kidney diseases)
increase your risk.

Don't worry, you
can take simple
and cost-effective
actions.



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Co-ordinating Centre

HOW TO RECOGNISE THE SIGNS OF **HEAT EXHAUSTION**

- Excessive Sweating
- Cool, pale & clammy skin
- Rapid, weak pulse
- Faint or Dizzy
- Muscle cramps

WHAT TO DO:

- Get to a cooler place.
- Drink water if fully conscious.
- Take a cool shower or use cold compresses.



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to a Changing Climate

Simple actions & city resources to protect you from extreme heat

Stay hydrated - drink water throughout the day

Wear lightweight, light coloured, and loose-fitting clothing

Stay cool by avoiding the sun, and going to cooler spaces



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What to eat during extreme heat days

PROTECT CHILDREN FROM EXTREME HEAT



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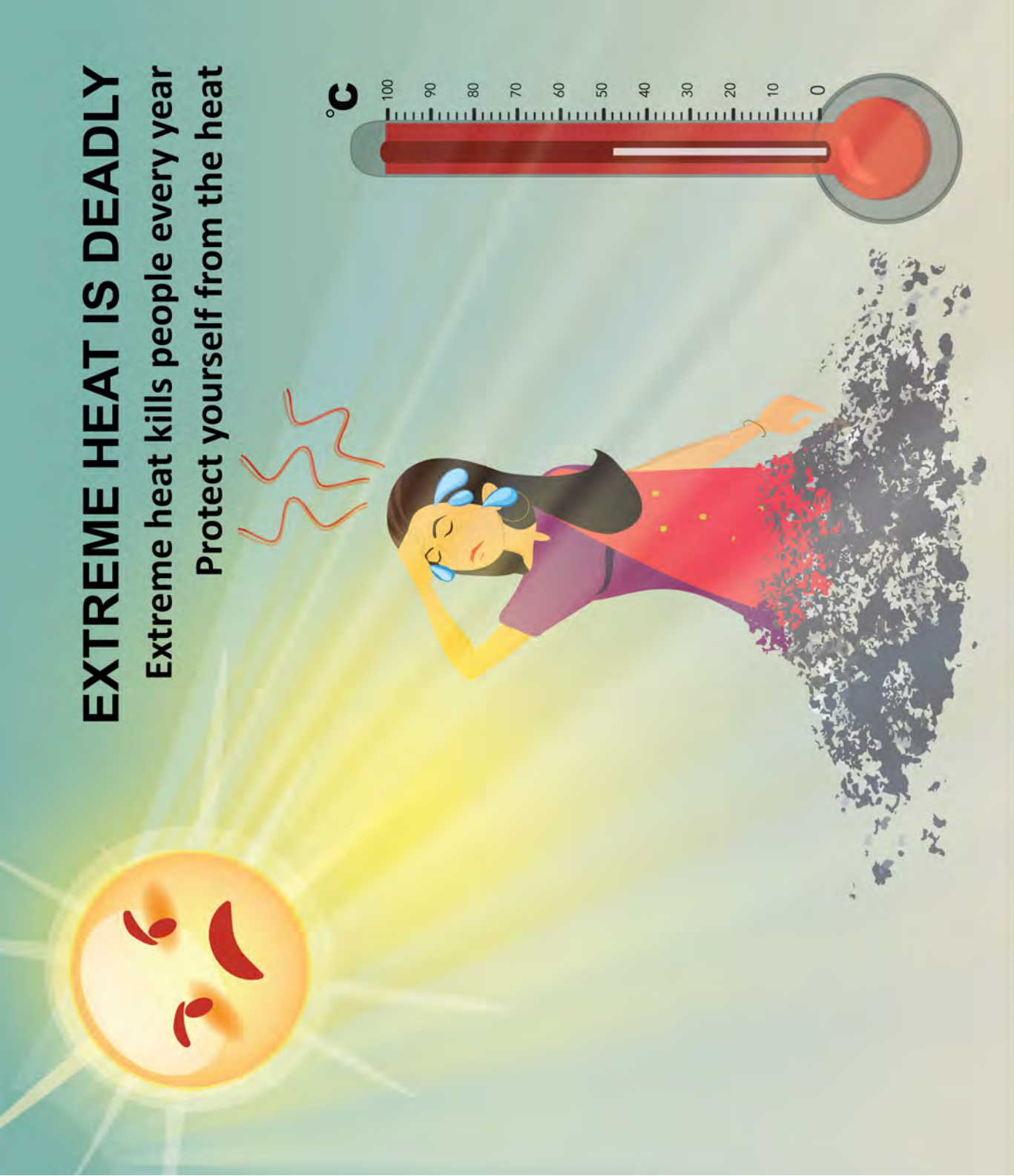
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EXTREME HEAT IS DEADLY

Extreme heat kills people every year
Protect yourself from the heat



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