

Heat Action Day 2025

Key messages

Personal heat safety messages:

- Stay informed: monitor weather, listen to the public messages and follow instructions.
- When outdoors, avoid direct exposure to the sun, walk in the shade, and cover your head using a wide-brimmed hat, parasol, or turban.
- When indoors, use fans and keep curtains or blinds closed.
- When the outdoor air is cooler than indoor air, open windows for cross ventilation and place a fan near the downwind window and facing outward.
- Take a cool shower and if it's not humid, let the water evaporate naturally. This will help dissipate heat from your skin.
- Keep a damp cloth on the back of your neck.
- Sleep under a wet sheet or wet cloth.
- Try to avoid sports and heavy exercise, or working during peak hours of the day.
- Wear light-colored, loose-fitting clothing.
- Have cold drinks and avoid excess alcohol and caffeine.
- Eat cold foods, particularly those with high water content.

Messages to help your neighbours and community:

- Check on family, friends and neighbours who do not have air conditioning, who spend much of their time alone, or who are more likely to be affected by the heat.
- Remind the elderly, who lack thirst stimulus, to drink regularly (offer more water and soup).
- Hand out water during public events, traffic jams, etc. to people at risk .
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Do not leave anyone, especially infants and pets, in a parked, closed vehicle. Leaving the windows of a vehicle slightly open is not enough to improve air circulation.

Messages related to recognizing and responding to heat exhaustion:

- Rest immediately in a cool place if you have painful muscular spasms and drink oral rehydration solutions containing electrolytes.

Messages related to recognizing and responding to heat stroke:

Heat stroke is a medical emergency.

Call for medical help immediately. Move the person to a cool place, cool them with water or ice packs, and stay with them until help arrives. Look for:

- Confusion or disorientation.
- No sweating despite hot conditions.
- Hot, dry skin.
- Fainting or seizures.”