



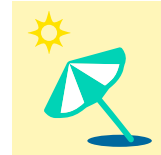
# Heat and health

## Recognise the complaints and know what to do

### Overheating

#### How to recognise it:

- Fatigue
- Loss of concentration during the day
- Headaches
- Dizziness
- Muscle pain
- Swollen ankles (oedema)
- Itchy blisters



#### What to do:

Drink plenty of water, tea or coffee, even if you are not thirsty. Take it easy. A foot bath can help against overheating and swollen ankles. *Contact your GP if the symptoms get worse.*

### Heat exhaustion

#### How to recognise it:

- Fainting
- Cramp
- Fast heart rate
- Heavy sweating
- Pale skin



#### What to do:

Stop what you are doing and find a cool place. Drink plenty of water or sports drink in small sips. Cool your body: take a cold shower or use wet cloths. *If doing so does not reduce the symptoms call a doctor.*

### Heatstroke

#### How to recognise it:

- Elevated body temperature of more than 39 degrees
- High heart rate
- Nausea
- Red skin
- Usually no sweat
- Convulsions
- Loss of consciousness



**A heatstroke is life threatening! Call 112 and follow the instructions of the emergency services.**

