



National Heatwave Plan

Prevent health problems due to hot weather

Know what to do when it gets hot



Drink enough

Drink water, tea or coffee – even if you are not thirsty. Elderly can feel less thirsty. Moderate the use of alcohol.

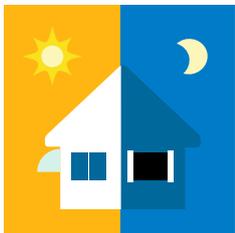
Tip: always have a bottle of water with you, especially when you go outside or take the car.



Keep yourself cool

Stay in the shade and limit physical activity in the afternoon (between 12.00 PM and 6.00 PM).

Tip: take advantage of the cooler mornings and evenings for your grocery shopping or walk. Take a cooling bath, foot bath or shower.



Keep your home cool

Keep the sun and heat outside your home as much as possible, for example with blinds, a fan or air conditioning.

Tip: provide extra cool fresh air by opening windows and/or doors at times when it is cool outside.



Take care of each other

During periods with hot weather, pay extra attention to people in your area who might need your help.

Tip: pay them an extra visit or give them a call and ask what you can do.



Medication and heat

Some medication can lead to health problems during a heatwave because the water and salt balance in the body is disturbed. This can lead to dehydration, too little sweating and feeling unwell.

If you have any questions about the use of your medication during heat, talk to your GP or pharmacist.



Current weather information

Current temperatures, weather forecasts and weather warnings in your region can be found on the KNMI website at www.knmi.nl



More information

For more information, visit www.rivm.nl/heat or contact the Municipal Public Health Service (GGD) in your region. Contact details can be found via www.ggdghor.nl