



# 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.

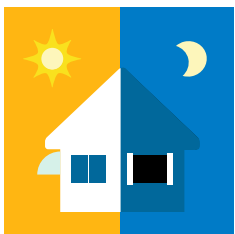
**Tip:** always have a bottle of water with you, especially when you go outside or take the car.



### 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.

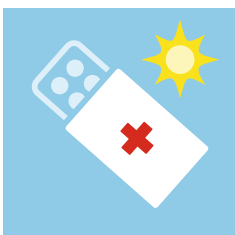
**Tip:** provide extra cool fresh air by opening windows and/or doors at times when it is cool outside.



### 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](http://www.knmi.nl)



### More information

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