



Looking after others during hot weather

KNMI code yellow

National Heatwave Plan

Staying safe during hot weather



Visit or call

Check on vulnerable people, such as the elderly or those with chronic illnesses, to make sure they're OK. The same applies to young children or people you don't usually look after, such as an elderly neighbour.



Make sure there are enough drinks available

Place plenty of water, soft drinks, tea or coffee within reach. Encourage the person you're visiting to drink more than usual, even if they say they're not thirsty.



Keep the home cool

You can do this by closing blinds and awnings or using fans or air conditioning. Open windows once it has cooled down outside. Advise the person you're visiting to find a cooler space if the home doesn't cool down.



Help the person stay cool

Make sure the person you're visiting stays in the shade and recommend that they do activities such as shopping before 12.00 noon or after 6 pm. Ask whether you should prepare a cooling foot bath.



Be alert for symptoms of heat illness

These include headache, dizziness, tiredness and/or extreme thirst. If drinking extra fluids and keeping cool don't help, call their GP. Young children should not be left in parked cars. Be especially alert for this in hot weather.



Check how heat affects medications

Medicines may work differently in hot weather. The pharmacy can offer advice on medication use during hot weather.



For more information, visit www.rivm.nl/en/heat or contact your local Municipal Public Health Service, see www.ggdghor.nl. Check the weather forecast at www.knmi.nl. If you have any questions about health problems or medication, contact your GP or pharmacy.