



Look after yourself *and* others during hot weather

National Heatwave Plan

KNMI code orange

Staying safe during a heatwave



Look after yourself and others

Stay out of the sun and avoid strenuous activity, especially between 12 noon and 6 pm. Use blinds, awnings, a fan or air conditioning to keep your home cool. Drink water regularly. Check on vulnerable people, such as the elderly or those with chronic illnesses, to make sure they're OK.



Find a cool space

If it's too hot at home, find a cool or air-conditioned public space, such as a shaded park, a library or an indoor shopping centre.



Plan your journey

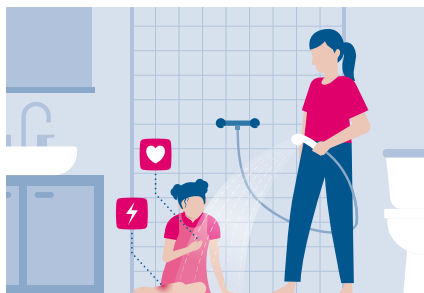
Check a public transport journey planner or [rwsverkeersinfo.nl](https://www.rwsverkeersinfo.nl) (for motorways) before you set off. Take water with you and make sure your phone is charged. Work at home if possible or in another cool space.

Recognising the symptoms of heat illness



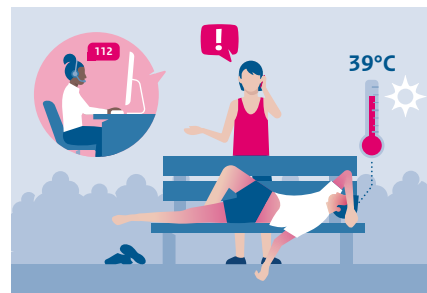
How to recognize the symptoms of overheating

Symptoms include headache, dizziness and tiredness. Cool yourself down and drink plenty of fluids. *Call your GP if symptoms persist.*



How to recognize the symptoms of heat exhaustion

Symptoms include fainting, cramp, a rapid heart rate, and a pale and clammy skin. If you (or someone else) are showing signs of heat exhaustion, get some rest and take a lukewarm shower or use wet cloths to cool down. *Call your GP if symptoms persist.*



How to recognize the symptoms of heat stroke

Symptoms include nausea, a body temperature above 39 degrees, red skin, convulsions and a loss of consciousness. *Call 112 immediately!*



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. Contact your doctor or pharmacy if you have any questions about health problems or medication. If a code yellow or code orange has already been issued, the advice for code yellow and code orange continue to apply during a code red.