



Look after yourself *and* others during hot weather

National Heatwave Plan

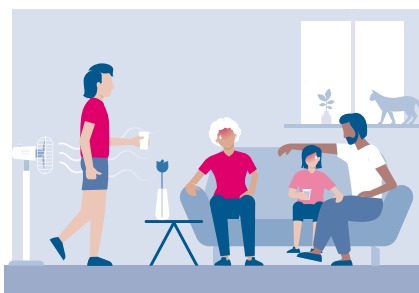
KNMI code red

Staying safe in extreme heat



Be prepared

Know where you can go if it's too hot at home. And know how to recognise severe health problems during a heatwave and what you should do. Be prepared for water supply interruptions and power cuts with bottled water and fully charged power banks and batteries.



Stay cool

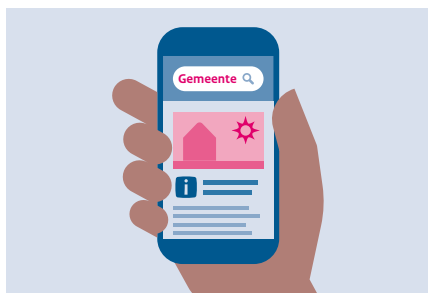
Even if you're healthy, this heat can become a risk. Avoid strenuous activities, stay indoors or find a cool place if your home gets too hot. Drink water regularly. Take care of older people, people who are ill, and young children around you.



Postpone activities

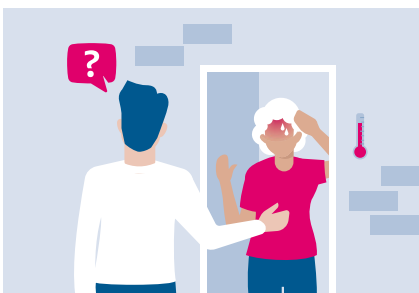
Only undertake activities if you know you'll be able to cool down, stay hydrated and take breaks. This applies everywhere: outdoors, at home and at the office. Don't set off without taking water and a fully charged phone with you.

Know where you can go



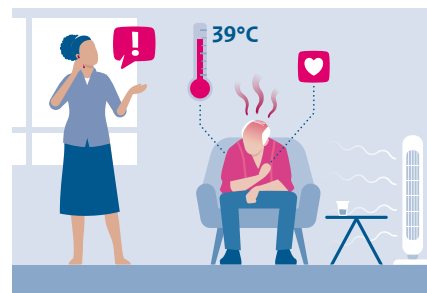
Check with the municipality or Municipal Public Health Service (GGD)

Check your municipality or GGD website for hot weather help, such as cool spaces or support for vulnerable people. Contact your GGD if you have questions about what you should do during extreme heat.



Help each other

Use a neighbourhood app, your community centre or pop round to see your neighbours to check what they are organising and how you can help.



Call a doctor in an emergency

If someone has severe heat-related symptoms, such as loss of consciousness, red skin, convulsions or a temperature above 39 degrees, 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.