



Heatwave? Berlin stays cool.

Dealing with heat

The number of hot days is steadily increasing due to climate change. In summer, the city heats up and the heat is stored in the asphalt and concrete for a long time. Heat can be dangerous for the body, especially in early summer when it still has to get used to it. For some people, e.g. pregnant women, children, the chronically ill, elderly and people without shelter, heat can therefore be particularly dangerous. It is all the more important to ensure that you and your fellow human beings are well.

On the following pages you will find a few tips on how to get through hot days and protect yourself and others.

Caution: If you suffer from acute or chronic diseases and / or take medication regularly, please consult your family doctor for personalized recommendations on coping with hot weather.

Eating and drinking

On very hot days, the body loses a lot of fluid. This may have serious consequences for your health.

You can ensure that your body stays hydrated even when it is hot:

- **Drink enough** – Preferably 2-3 litres throughout the day. Don't wait until you feel thirsty. Water, fruit juice mixes and cool fruit teas are good choices.
- **Eat light food** – Smaller portions of fruit, vegetables and dairy products are easier to digest. Avoid too hot and fatty meals.
- **Watch your salt intake** – Broth, soup or sodium-rich mineral water provide your body with essential minerals.
- **Avoid alcohol if possible** – Alcoholic beverages dehydrate your body.

Stay cool – even at home

Home is where people feel most comfortable. Here is how you can make hot days at home more bearable:

- **Cool down** – Take a lukewarm shower and let the water evaporate from your skin. Cold towels or a bath for your forearms also help to cool you down.
- **Keep the heat outside** – Close blinds, curtains and shutters during the day. A mechanical or hand fan can also provide cooling.

- **Let the fresh air in** - Ventilate especially at night and early in the morning when the air is still pleasantly fresh.

Stay cool - even on the road

It is extremely hot outside, but you still have to go into town? Here is how to make your journey and time outdoors more bearable:

- **The early bird catches the worm** - Do your errands in the city in the morning if possible.
- **The best part of the day is the breaks** - Take regular breaks in the shade or in a cool indoor space. Take something to drink with you or use the public drinking fountains in the city.
- **Keep well protected** - Light-coloured and lightweight clothing will keep the air circulating. Sunscreen, sunglasses with UV protection and a hat will protect your head, skin and eyes.

Together against heat

Heat is a great challenge for all of us. Many people die every year as a result of extreme heat. Elderly and people living on their own are particularly vulnerable. That is why it is especially important to support each other. Together we can beat the heat!

- **Ask for help** - If you need assistance, ask for it. Relatives, neighbours and friends will certainly be happy to help you.
- **Take care of others** - Think of especially vulnerable individuals and offer your help, for example, to the elderly, people living alone, those with chronic illnesses, and people without shelter.
- **Help each other** - Support others, e.g. by helping them stay cool, hydrated or with errands.

BWB drinking fountains

There are now more than 230 Berliner Wasserbetriebe drinking fountains offering free drinking water in public places, parks and at the roadside. They provide you with fresh drinking water from April to October.

The fountains are directly connected to the fresh water network and Berliner Wasserbetriebe regularly monitors the water quality. The fountains cannot be contaminated from the outside and are cleaned every 1 to 2 weeks.

Scan this QR code to access the map of drinking fountains in Berlin.

Recognizing heat-related emergencies

During heat and if you have any of the following symptoms, you should contact your doctor's practice or the medical on-call service at 116 117:

- Nausea, dizziness
- Headache

- Feeling of exhaustion

During heat and if you have any of the following symptoms, call the emergency 112:

- Clouding of consciousness, unconsciousness
- Emergent Confusion
- Repeated vomiting
- Body temperature > 39°C

Imprint

Further information at: www.berlin.de/baerenhitze