



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 pregnant women, children, the chronically ill, people of the 65+ generation and people without shelter, heat waves can therefore be particularly dangerous. It is therefore all the more important to make sure that you and your fellow human beings are well.

On the following pages you will find a few tips on how to survive the hot days and protect yourself and your fellow human beings.

Attention: If you suffer from heart, kidney or chronic diseases, please ask your family doctor for individual recommendations for hot days.

Eating and drinking

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

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

- Drink enough – Preferably 2-3 litres per day. Don't wait until you feel thirsty.
- Water, fruit juice spritzers and cool fruit teas are good.
- Eat light food – Smaller portions of fruit, vegetables and dairy products are easier to digest. Avoid meals that are too hot and greasy.
- Watch your salt intake – Broth, soup or mineral water rich in sodium provide your body with important minerals.
- Avoid alcohol as much as possible – Drinks with alcohol dehydrate the body.

Stay cool – even at home

You usually feel most comfortable at home. Here is how you can make the hot days at home more bearable:

- Cool down – take a lukewarm shower and let the water evaporate on your skin. Cold compresses also help to cool you down.
- Keep the heat outside – Ventilate well, especially at night and early in the morning. Close blinds, curtains and shutters. A ventilator or fan can also provide cooling.

Stay cool -even on the road

It is blisteringly hot outside, but you still have to go into town? Here is how to make the journey and stay 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 or air-conditioned room. Take something to drink with you and use the public drinking fountains in the city.
- Keep well protected - Light-coloured and lightweight clothing will keep the air circulating. Sunscreen, sunglasses and a hat will protect your head, skin and eyes.

Please look out for your fellow human beings

Heat is a great challenge for all of us. Many people die every year as a result of extreme heat. That's why it's especially important not only to look after yourself, but also to help others or seek help. Together we can get the heat under control.

- **Together against heat** - If you need help, dare to ask for it in time. Relatives, neighbours and other people will certainly be happy to help you.
- **Take care of your fellow human beings** - Think of vulnerable people and offer your help, e.g. children, single people of the 65+ generation, chronically ill people and people without shelter.
- **Help each other** - e.g. with drinking, cooling down, support with errands.

BWB drinking fountains

There are now more than 200 Berliner Wasserbetriebe drinking fountains providing free drinking water in public places, parks and at the roadside throughout Berlin. They run from April to October and provide you with fresh drinking water. The fountains are directly connected to the fresh water network and Berliner Wasserbetriebe constantly monitors the water quality. The fountains cannot be contaminated from the outside and are cleaned every 1-2 weeks.

Advice for the heat-related emergency

If you have heat and any of the following symptoms, you should contact a **doctor** or the **medical on-call service on 116 117** or call **112**:

- Repeated, violent vomiting
- Sudden confusion
- Severe headache
- Clouding of consciousness, unconsciousness
- Seizure
- Body temperature over 39°C
- Circulatory shock

Imprint

Further information at: www.baerenhitze.de

