

## WARNING SIGNS

### SIGNS OF HEAT EXHAUSTION :

- Excessive thirst and headaches
- Elevated body temperature
- Changes in behaviour
- Weakness and/or fatigue
- Nausea, vomiting, diarrhoea
- Muscle cramps
- Dizziness, vertigo possibly leading to loss of consciousness and convulsions

### SYMPTOMS OF SUNBURN:

- Redness of the skin
- Soreness of the skin
- Swollen skin

## FIRST AID

### HEAT EXHAUSTION :

- Move the person into a cool shady place and loosen his/her clothing
- Try to have some ventilation where possible
- Spray fresh water over the person
- If conscious give small sips of water
- Call an ambulance or take the person to the nearest hospital

### SUNBURN

- Apply cold and moist compresses
- Remove, if possible, objects that can store heat (rings, necklaces, earrings, metal)
- Protect the burnt area with gauze or clean cloth handkerchief

### Emergency Phones

- Emergency number: 112
- Call Centre 'Saúde 24' –Tef. **808 24 24 24**



### FURTHER INFORMATION:

Call Centre 'Saúde 24' - tel. **808 24 24 24**

See 'Especial Verão' at [www.dgs.pt](http://www.dgs.pt)

Weather information at [www.meteo.pt](http://www.meteo.pt)

Civil Protection at [www.prociiv.pt](http://www.prociiv.pt)

Contact us by e-mail: [calor@dgs.pt](mailto:calor@dgs.pt)

Flyer made within the 'Contingency Plan for Adverse Extreme Temperatures - Heat Module'

## HEAT AND ULTRAVIOLET RADIATION



## ADVICE ON HOW TO PROTECT YOUR HEALTH

Divisão de Saúde Ambiental e Ocupacional



In Portugal high temperature and high ultraviolet radiation levels are frequent

Both of these pose risks to your health



Tourists should be aware and take care during periods of extreme heat, in order to fully enjoy all the wonderful attractions and long sunny days

### Keep out of the sun

- Try avoid sunlight between 11 a.m. and 5 p.m.
- Apply a high factor sun-screen ( $\geq 30$ )
- Do not forget to wear a hat and sunglasses (with UVA and UVB protection)
- During the warmest part of the day, try to remain for at least 2-3 hours, in a cool environment or in areas with air conditioning such as your hotel, gardens, shopping centres or museums
- Pay special attention to babies and elderly
- Babies with less than 6 month must be keep out of the Sun
- Avoid direct sunlight in children with less than 3 years old



### Increase your daily intake of water and juices

- Only drink water from public taps or bottled water;
- Never drink or swim in water from ornamental fountains
- Avoid alcoholic drinks and drinks with added sugar
- Eat small, frequent meals
- Offer more liquids to young infants, children, the elderly and those with chronic illnesses



### Wear large, light and fresh clothes

- Avoid direct sunlight
- During the warmest periods of the day, if ultraviolet radiation levels are high, wear clear clothes with high thickness or dark clothes with lower thickness

### Avoid long waits in vehicles exposed to the sun

- Ensure that babies, children or elderly people are not left alone in stationary cars
- If you have no air conditioning or electric fans leave the window slightly open to allow some air circulation
- Take enough water or natural fruit juices with you
- Try and travel, when possible, in the cool of the day (morning or evening)



### Other Precautions

- Avoid physical exertion, such as extreme sports, during the heat of the day or when temperatures continue to be high
- During the warmest part of the day it is a good idea to have a tepid bath or shower, thus avoiding sudden changes in temperature
- If you suffer from a chronic illness, have a salt free diet or are on liquid restrictions, always ask your doctor or nurse for advice or call "SAÚDE 24" Centre (808 24 24 24)