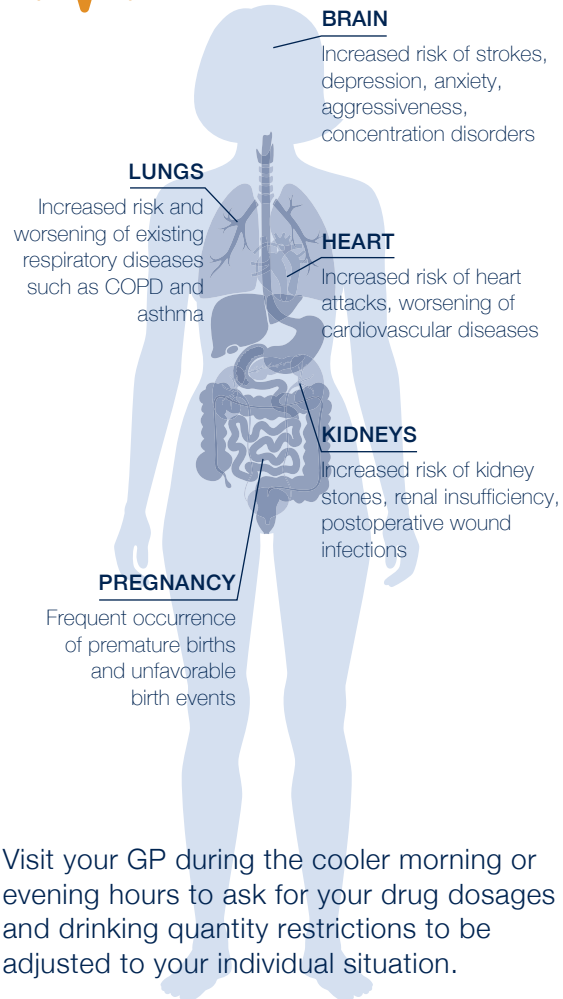


## HEAT-RELATED HEALTH CONSEQUENCES



Visit your GP during the cooler morning or evening hours to ask for your drug dosages and drinking quantity restrictions to be adjusted to your individual situation.



## ADDITIONAL INFORMATION

### German Weather Service

Current heat warning, subscribe to newsletter  
<https://www.dwd.de>

### German Federal Ministry of Health

Heat: Risks and protective measures  
<https://www.gesund.bund.de>

### Robert Koch Institute

Climate change and health  
<https://www.rki.de>

### German Federal Center for Health Education

Health and age  
<https://www.gesund-aktiv-aelter-werden.de>

### Climate and health

<https://www.klima-mensch-gesundheit.de>

### German Federal Environment Agency

Health risks from heat  
<https://www.umweltbundesamt.de>

# HEAT ARE YOU PREPARED?

"CLIMATE CHANGE IS THE  
BIGGEST GLOBAL HEALTH  
THREAT OF THE 21ST CENTURY."

SOURCE: "THE LANCET" - 2009

### EDITOR

Landeshauptstadt Potsdam  
Der Oberbürgermeister  
Öffentlicher Gesundheitsdienst  
Friedrich-Ebert-Straße 79/81  
14469 Potsdam

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## CLIMATE AND HEALTH

In Germany, more and more people are suffering from increasingly longer heat waves in the summer months caused by climate change.

Hot days and warm, tropical nights put a lot of strain on the body and pose a health risk. This is particularly true for older people and those with poor health.

Heat is often not even perceived as a possible danger. However, as we get older, our body's own cooling mechanisms slow down and become weaker.

You stop feeling as thirsty and are no longer reliably able to regulate whether you are drinking an adequate amount of water and replenishing minerals that your body loses through sweating.

Find out more about heat and the risks to your health. You can protect yourself and others by taking some quick and simple measures.

## STAYING ACTIVE YOURSELF ON HOT DAYS

-  Listen to heat warnings issued by the DWD
-  Close windows and curtains during the day and only ventilate your home at night and in the morning
-  Use sunscreen
-  Cool your skin down with water and wet compresses
-  Drink plenty of fluids and eat light meals
-  Wear light, airy clothing, sunglasses and a hat
-  Physical exertion should only take place during the cooler hours of the day
-  Find cool rooms
-  Protect medication from the heat
-  Ensure that your medication plan is adjusted well in advance by your GP
-  Raise awareness among family and friends

## OFFERS FROM THE STATE CAPITAL POTSDAM

Free information, materials and offers are available to read and download at [www.potsdam.de/hitze](http://www.potsdam.de/hitze), e.g.:

-  **Heat procedures manual**  
Tips and hints for everyday life to make you more comfortable in the summer
-  **Map of cool places**  
with good locations for cooling down / regeneration
-  **Heat hotline**  
Supportive advice during hot weather



[potsdam.de/hitze](http://potsdam.de/hitze)

