

When Heat Becomes a Health Risk

Heat can put severe strain on the circulatory system and become dangerous to health – especially in early summer, when the body has not yet adapted. Children, older people, pregnant women and people with existing health conditions or care needs are particularly at risk. On hot days, pay special attention to yourself, your family and those around you. Do not forget your pets.



Please Note!

Medicines may work differently in hot weather or cause stronger side effects. Ask your doctor for individual advice.



If hot weather causes symptoms such as confusion, unconsciousness, repeated vomiting or a body temperature above 39 °C, call the **emergency number 112**

Share Heat Safety Tips with Others

This leaflet is also available in other languages. More information on staying safe in hot weather can be found on our website.



Stay Safe in Hot Weather:
provinz.bz.it/hitze

Get informed early to prepare appropriate self-protection measures.

INFORMED & PREPARED

warnungen.provinz.bz.it



Autonome Provinz Bozen
Provincia autonoma di Bolzano
Provincia autonoma de Bulsan
SÜDTIROL · ALTO ADIGE

Publisher: Autonomous Province of Bolzano – South Tyrol / Civil Protection Agency
Concept, Text & Design: Mugele's Brand Identity
Version 06/2026



IN HOT WEATHER:

Take Care of Your Body!

On very hot days, the body loses a lot of fluids – this can seriously affect your health. Make sure you drink enough and take good care of your body.



Drink Plenty

Drink 2–3 litres throughout the day if possible, preferably not too cold. Choose water, unsweetened fruit tea or fruit juice diluted well with water.

Eat Light

Small portions of fruit, vegetables and dairy products are easier to digest. Avoid hot and fatty meals if possible.



Avoid Alcohol

Avoid alcohol whenever possible. Alcoholic drinks cause the body to lose water.

IN HOT WEATHER:

Stay Cool Outdoors!

Outside, the heat can be intense and spending time outdoors can quickly become challenging. A few simple measures can help you stay protected.



Stay in the Shade

Rest in cool places and plan your routes in the shade whenever possible. Always carry enough drinking water.

Protect Your Body

Wear light-coloured, lightweight clothing and a hat. Use sunscreen and UV-protection sunglasses.



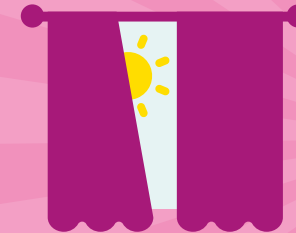
Avoid the Midday Heat

If you need to go outside, do so in the morning or evening whenever possible. If this is not possible, take regular breaks in the shade and drink enough fluids.

IN HOT WEATHER:

Let Fresh Air In!

Even during hot weather, you can create a comfortable indoor climate. A few simple measures can help you feel comfortable at home on hot days.

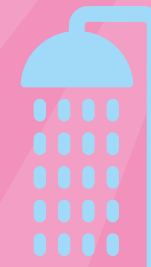
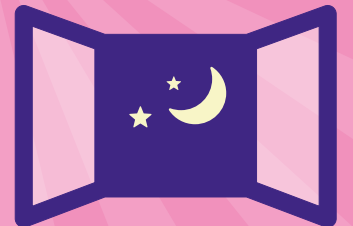


Darken Windows

Close shutters or curtains and switch off appliances that give off heat. Set air conditioning to no more than 5 °C below the outdoor temperature.

Breathe Easier

Ventilate only at night and in the early morning when temperatures are lower. Open windows on opposite sides to create airflow, and use a fan for cooling.



Refresh Yourself

Take a lukewarm shower rather than a cold one, as this is gentler on your circulation. Cold compresses on your arms, legs, forehead or neck can also help.