

Eat light food and drink plenty!

- Eat several small, light meals. Soups, vegetables, salad and fruit have a high water content. Fish or poultry are easy to digest.
- Drink at least 1.5 litres a day! Good thirst quenchers include tap or mineral water and chilled herbal teas without sugar. You should have something to drink every hour if possible, even if you are not thirsty.
- Avoid alcoholic beverages because they dehydrate the body.
- Always bring something to drink when you go outside. Cool drinking water is also available at the Leipziger Wasserwerke drinking fountains. You will find a map with all the fountains at www.l.de/trinkbrunnen. Visit <https://refill-deutschland.de/> for a map of all the places where you can refill your own water bottle free of charge.

Learn more



about the topic of heat on the City of Leipzig website at www.leipzig.de/hitzetipps

What to do in an emergency?

Move people to a shady place if they are overheating!

Heat stroke:

Cramps, rapid pulse, low blood pressure, white and dry skin

- **Heat stroke is an emergency!**
Call emergency services immediately (emergency hotline 112)!
- Cool the persons as soon as possible

Sunstroke:

Nausea, dizziness, headache, weakness

- If the head is red – provide drinks, preferably water, loosen the clothing, cool the head, raise the upper body
- If the skin is pale – get the person to lie down and lift their legs
- If they experience restlessness, fear, pain – reassure, encourage, comfort and care for the person.

Sunburn:

Reddened and warm skin, even with blistering

- Use cool cloths to apply compresses and drink plenty of fluids. Consult a doctor immediately if the person has severe redness and blistering or chills!

City of Leipzig | Health Department, Environmental Protection Office | Images: pixabay | 2nd edition | 06/2023



Stadt Leipzig

Tips for Hot Weather



A Brief Guide for Senior Citizens

Health Department
Office for Environmental
Protection

LEIPZIG
IST KLIMA
BEWUSST

Leipzig is also experiencing a rise in the number of hot days

Extended hot spells with daytime temperatures over 30 °C and tropical nights when the thermometer remains above 20 °C can have a significant impact on health.

Senior citizens are particularly at risk in the heat

Hot periods are particularly stressful for older people. They no longer sweat as much, which reduces the body's ability to cool itself down. Senior citizens often drink too little, which also limits their ability to sweat. During hot spells, their body temperature can quickly rise to levels that place their health at risk.

Heat and medicines

Some medicines deprive the body of fluids or interfere with temperature regulation. They include, for example, antihypertensives, dehydration tablets or sleeping pills. If you regularly take medication, you should ask your doctor what you must consider during hot spells or obtain advice from a pharmacy. In addition, the effectiveness of medicines can suffer in warm rooms (above 25 °C). Read the package leaflet for more information on this topic.

What are the dangers of heat?

Rapid temperature changes put a strain on the body. This is especially true of the first days with high temperatures in May and June when the body has not yet adjusted.

Prolonged periods of heat in summer with high humidity, low wind and high solar radiation when it hardly cools down at night are particularly stressful.

Ultraviolet radiation from the sun is an often underestimated danger.

UV light is carcinogenic and damages the skin and eyes in particular. UV light can also weaken the immune system.

Intense solar radiation causes **ozone levels** to rise, especially in the afternoon, which can lead to a significant worsening of chronic respiratory diseases.



General tips on what to do!

- If possible, ventilate the home only early in the morning and at night. Windows, blinds and curtains should remain closed during the day.
- Cool your body e.g. using damp, cold cloths, a foot bath or a water atomiser.
- Avoid exposure to the blazing sun and physical activity between 11 am and 4 pm.
- Look for cool places – such as green areas, parks or buildings that are open to the public.
- Wear loose, light, bright and breathable clothing.
- Use light duvets or only one sheet.
- Wear light headwear when outdoors.
- Wear sunglasses if possible.
- Use sun cream with a high sun protection factor (at least SPF 30).
- Take care of yourself and those around you. Many people are reluctant to say they are struggling because they do not want to burden others. Offer help.