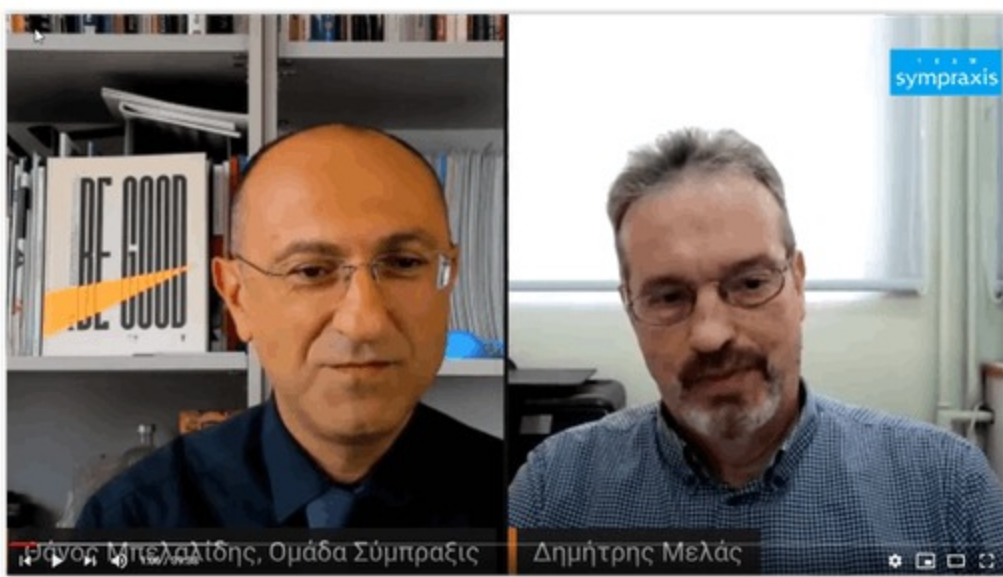




forecAsting System for urban heat Island effect

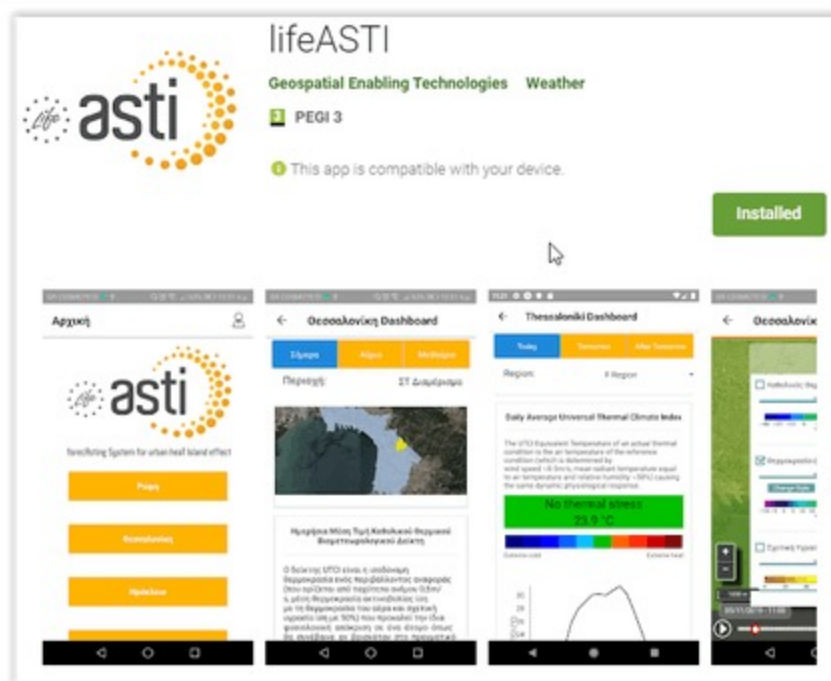


We discuss LIFE ASTI issues live on social media

Two live discussions took place during summer with Francesca de'Donato from the Department of Epidemiology Lazio Regional Health Service and Giampietro Casasanta from the Institute of Atmospheric Sciences and Climate (CNR-ISAC) in the first, and Professor Dimitris Melas, Aristotle University of Thessaloniki, Faculty of Sciences, Physics Department, and Coordinator of the LIFE ASTI project in the second.

What is the Urban Heat Island Effect and how does it affect our lives? What are the solutions and proposed measures? How do we protect from heat and COVID 19? How does the LIFE ASTI project contribute to tackling climate change? What measures could be taken by a city in order to protect its citizens, and which tools have already been developed?

Watch the recorded discussions [here](#).



LIFE ASTI mobile app informs us during heat waves

The LIFE ASTI model system produces high-quality forecasting results, such as bioclimatic indicators, and heating and cooling degree days to assess the energy needs of buildings. The new LIFE ASTI mobile application provides easy access to the information produced by the forecasting system for Rome, Thessaloniki and Heraklion using a mobile phone.

The application provides access to the forecasting system and to forecast data for the three Mediterranean cities. An overall estimation of the thermal stress is initially provided for the different city districts. In urban areas there may be a modified thermal climate with several strong effects on human health.

Download the app [here](#)



2nd European Workshop in Thessaloniki

The second European workshop of the LIFE ASTI project will be held online on 14th October in Thessaloniki to reinforce networking with the consortia of ongoing and completed LIFE and other relevant EU-funded projects. The workshop titled "Urban Heat Island and Heat Resilience: Networking for Future Strategy", will be focused on the replicability, transferability and integration perspectives of technologies, tools and good practices developed within the LIFE ASTI project and other related projects.

You can see the agenda [here](#). For online registrations click [here](#)

Featured infographic: Summer Heat waves and COVID-19

SHORT-TERM EFFECTS OF HEAT ON HEALTH

DIRECT EFFECTS

- Dehydration
- Electrolytes imbalance
- Heat rash
- Heat cramps
- Heat edema, eye pain
- Heat stroke

INDIRECT EFFECTS

- Stroke
- Respiratory (COPD) exacerbations, respiratory infections
- Acute myocardial infarction, myocarditis
- Ischemic hypotension
- Renal failure

HOW TO PROTECT YOURSELF

- Keep cool and hydrated**: Wear light clothing, take cool showers or baths, and drink water regularly.
- Stay out of the heat**: Go to the coolest hours of the day and respect physical distancing and protection where required.
- Keep the household cool and ventilated**: Close blinds, shutters or curtains to keep out direct sunlight. Close into cooler rooms of the house.
- If you have heat-related symptoms**: Heat cramps, dizziness, headache, nausea, sweating, fever (move to a cool place, hydrate and cool your body). If symptoms persist seek medical help.
- Protect yourself from COVID-19**: Wash your hands regularly, cough into your arm and do not touch your face. When you go out, respect physical distancing and follow guidelines regarding the place. If you have fever or symptoms that may be due to COVID-19 stay at home and avoid contact with others. If symptoms persist/ worsen consult your doctor or health services.

SPECIFICALLY

- Elderly
- People with chronic conditions
- Underlying respiratory disease (asthma, COPD, emphysema) are more vulnerable to both the effects of heat and COVID-19 exacerbations.



Project Partners

The LIFE ASTI partnership has established networks at the EU level, including Institutions, Organisations, Municipalities and other local/regional authorities. All partners have been involved in previous and current EU projects and are fully committed to the successful implementation of the Project.

[Read more](#)

The LIFE ASTI (Implementation of a forecAsting System for urban heat Island effect for the development of urban adaptation strategies) project focuses on addressing the impact of the Urban Heat Island Effect (UHIE) on human mortality, by developing and evaluating a system of numerical models that will lead to the short-term forecasting and future projection of the UHIE phenomenon in two Mediterranean cities: Thessaloniki and Rome. The project is co-funded by the LIFE 2014-2020 Programme, with a 36-month implementation period.



The project "Implementation of a forecAsting System for urban heat Island effect for the development of urban adaptation strategies - LIFE ASTI" has received funding from the LIFE Programme of the European Union.

The sole responsibility for the content of this newsletter lies with the authors. It does not necessarily reflect the opinion of the European Union. Neither the EASME nor the European Commission are responsible for any use that may be made of the information contained therein.

