



# SUMMER HEAT WAVES AND COVID-19

Extreme heat can affect your health

## SHORT-TERM EFFECTS OF HEAT ON HEALTH

### DIRECT EFFECTS

- Dehydration  
Electrolytes imbalance
- Heat rash
- Heat cramps
- Heat edema, syncope
- Heat stroke



### INDIRECT EFFECTS

- Stroke
- Asthma, COPD reactivations, Respiratory infections
- Acute myocardial infarction, Arrhythmias
- Diabetic hypoglycemia
- Renal failure

### SPECIFICALLY

- Elderly
- People with chronic conditions (cardio-respiratory disease, diabetes and kidney disease) are more vulnerable to both the effects of heat and to COVID-19 complications.

## 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 out in 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. Move 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 guidance measures in 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.

Project partners



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