Summer behaviour tips

Protect your health
Heat can have a negative impact on anyone's well-being and performance.

Some people are particularly vulnerable to heat, for example the elderly and single people, people in need of care and assistance, people with physical and mental illnesses, people with acute infections and fevers, people on certain medication, the homeless, addicts, pregnant women, babies and young children, and people who work or play sports outdoors.

In addition to heat protection, protection against excessive UV radiation and ozone exposure is also important to prevent damage to health.

If you experience any unusual health problems, contact your doctor.

Use the following tips to protect your health! Use your knowledge to help other people who cannot protect themselves.

Medicines and drugs
- Heat can affect the shelf life and efficacy of medicines. Check with your doctor and/or your pharmacist whether it is necessary to adapt storage and/or consumption of your medicines.
- UV radiation can cause skin reactions in combination with certain medicines and cosmetics. Check with your doctor and/or pharmacist whether you need to adjust the dosage of your medicines or cosmetics.

Food and drink
- Drink plenty of cool, but not ice-cold, drinks. As a rule of thumb: at least two litres a day, mineral water is best.
- If you have any pre-existing conditions (for example, heart or kidney failure), consult your doctor about the amount you should drink.
- Avoid alcohol, coffee and highly sugared drinks.
- Eat light, fresh food in small portions throughout the day: for example, salads, fruit and vegetables. It is also important to balance the minerals which have been sweated out. Slightly salty food is helpful here.

Indoors
- Keep your windows closed during the day, and it is best to ventilate once the temperature has dropped, for example in the early morning, late in the evening or at night.
- Use fans and air conditioners if you can tolerate them or find them comfortable.

- Shade your home to avoid direct sunlight. Roller shutters and awnings (outside) are more efficient in this case than curtains (inside), because the sun's rays are already reduced outside the window.
- Electrical devices can be sources of heat. Switch them off if you do not need to use them.
- Cool yourself down, for example with a cool shower, footbaths or cool, moist compresses.
- In high temperatures you should use light bedding, for example light cotton sheets, for midday or night-time rest.

Outdoors

- Avoid spending time and engaging in physically strenuous activities outdoors, especially during the hottest part of the day (midday and afternoon). This also protects you from high ozone levels, especially on sunny days.
- If possible, reschedule your activities (walking, shopping, etc.) to the morning and evening hours once the temperature has dropped a little.
- If you go for a walk, stay in the shade as much as possible and avoid the blazing sun.
- Never leave children, the elderly, people in need of care or attention, or pets in parked cars. There is a danger to life because the interior temperature in the car can heat up extremely quickly!

Protection for the skin

- When outdoors, wear loose, light-coloured clothing and a head covering to protect your skin from UV radiation.
- Wear sunglasses outdoors to protect your eyes from UV radiation. Pay attention to the manufacturer's instructions for absolute UV protection (UV 400) and sufficient side protection.
- Apply sunscreen generously to all uncovered areas of the body half an hour before going out in the sun and renew the protection regularly.
- Babies should not remain in the blazing sun. Find them a shady spot and dress them for the sun. The use of sunscreen should be avoided as much as possible in the first year of life because of the sensitive baby skin.
- Young children should wear light clothing and an air-permeable head covering when outdoors, as well as regular and generous application of sunscreen.