

## WHAT ARE HEAT WAVES?

A heat wave is characterized by maximum temperatures exceeding the usual average for the season, over a prolonged period of days. Without proper precautions, it can cause irreversible harm due to dehydration and, in some cases, lead to death.



**ON ANY  
VERY HOT DAY,  
TO AVOID  
DEHYDRATION  
OR RISING  
BODY  
TEMPERATURE...**

**...follow the  
recommendations  
contained in this leaflet  
and spread them.**

## COLLABORATE CIVIL PROTECTION STARTS WITH YOU

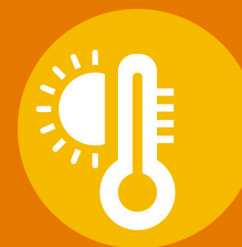


### USEFUL CONTACTS

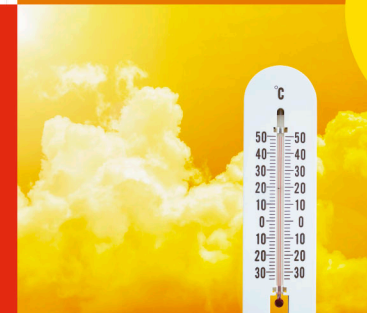


## PREVENT PLAN RESCUE

Municipal Civil Protection Service of Almada  
Rua dos Lusíadas - Bairro do Matadouro  
2800-221 Pragal  
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**Heat  
Waves**  
Self-Protection



**CMA**  
CÂMARA  
MUNICIPAL  
DE ALMADA

## HEALTH RISKS

Anyone can be susceptible to the effects of heat, especially during a heat wave.

Children in their early years, the elderly, and individuals with chronic respiratory and circulatory conditions are particularly vulnerable.

Their mechanisms for regulating body temperature are more fragile, which often leads to dehydration.

Those on a restricted fluid diet should also closely monitor their health.



## WARNING!

**A VICTIM OF A  
HEAT STROKE  
IS AT RISK OF LIFE!**



## SELF-PROTECTION MEASURES

### DIET

- ☎ Increase your intake of water or natural fruit juices without added sugar, even if you are not thirsty.
- ☎ Eat lighter meals more frequently. Avoid heavy and highly seasoned foods.

### AT HOME

- ☎ Open the windows at night to allow air to circulate and cool down the house.
- ☎ If your body is hot, do not take a cold shower; use lukewarm water instead.



### IN VEHICLES

- ☎ If you need to travel by car, choose cooler times of the day.
- ☎ Do not stay inside a parked car exposed to the sun (especially children and the elderly).



## ON THE STREET

- ☎ If you go to the beach, do so in the early morning or late afternoon.
- ☎ Stay in the shade, wear a wide-brimmed hat, sunglasses, sun-screen, and light cotton clothing.
- ☎ Avoid engaging in tasks that require significant effort in hot environments.
- ☎ Avoid exercising during the hottest hours of the day.
- ☎ Avoid standing for long periods, especially in lines and under the sun.



**TO AVOID ALL THESE  
SITUATIONS CAUSED BY  
INTENSE HEAT EXPOSURE  
PROTECT YOURSELF  
FROM SOLAR EXPOSURE  
AND SEEK COOL LOCATIONS  
OR AIR-CONDITIONED AREAS  
DURING THE HOTTEST PART  
OF THE DAY, ESPECIALLY IF YOU  
ARE WITH YOUNG CHILDREN,  
THE ELDERLY, OR INDIVIDUALS  
WITH CHRONIC CONDITIONS.**