Recommendations for preventing the harmful effects of high outdoor temperatures on human health, recommended by the Center of Public Health Tetovo

1. General recommendations for protection from heat waves

• During a heat wave, avoid, as much as possible, going outdoors between 10:00 and 17:00 o'clock. Complete necessary work before 10:00 o'clock or after 17:00 o'clock.

• During a heat wave between 10:00 and 17:00 o'clock, avoid strenuous physical activities, including sports and recreational activities.

• Stay, as much as possible, in closed air-conditioned rooms (ordinary fans do not help when the temperature is above 35°C). Close windows and blinds during the day, open them at night when the temperature is lower.

• If you must stay outdoors, avoid direct exposure to the sun, find opportunities for more frequent rest in the shade.

• Wear light clothing (light colors, to some extent, reflect light) made of natural fabrics (cotton, linen), wear protective glasses and a hat.

• Drink plenty of fluids (do not wait until you are thirsty), starting from plain drinking water to mineralized soft drinks. Avoid alcoholic beverages and drinks containing caffeine, as well as extremely cold drinks.

• Eat smaller amounts of food. Avoid fatty and high-calorie foods and foods containing large amounts of sugar.

• Take a cold shower several times a day (or apply cold compresses and keep your feet in cold water).

• When in a vehicle, open a window to allow air ventilation. Completely closed vehicles become very hot. Do not leave anyone in the vehicle.

• Chronically ill people, especially those with heart, neurological and lung diseases, need to be very disciplined in terms of these recommendations and take their therapy regularly. For any changes in health status, it is mandatory to consult your primary care physician.

• Before using fresh vegetables and fruits, it is mandatory to wash them.

• Thermally prepared food should be consumed immediately after preparation. If this is not done, the prepared food should be placed in a refrigerator at a temperature of up to +80°C, and before use, it should be heated to +1000°C.

• Avoid products that are not thermally processed (homemade mayonnaise, ice cream, various creams).

• Consult your doctor if you experience unusual symptoms that last for a long time.

• If you feel dizzy, weak, anxious or feel intense thirst and headache, seek help, move to a cooler place as soon as possible, and measure your body temperature. Immediately drink water or a non-carbonated mineral drink to rehydrate.

• If you have painful cramps in the muscles of your legs, arms, and stomach, rest as soon as possible in a cooler place and drink fluids containing electrolytes. Medical help is needed if the cramps last longer than an hour.

• If a member of your family or a person you are helping has hot and dry skin or is unconscious, call 194 immediately! While waiting for emergency medical help, move them to a cool place and place them in a horizontal position, raise their legs and hips, remove their clothing, establish external cooling (cold compresses on the neck, armpits, and groin, and constantly spray their skin with water). Measure their body temperature. Do not give them any therapy. If the person is unconscious, they should not lie on their back, but turn them to a side position.

USE DRINKING WATER RATIONALLY !!!!