

Preventative Measures for High Temperatures and Heatwaves

The year 2015 has seen higher than usual temperatures across the country and in many areas records have been broken with temperatures in excess of 40C.

Care has to be taken in such heat to avoid dehydration or even worse. The Director General of Health has issued the following guidelines to help avoid health issues during high temperatures and heatwaves as follows:

1. Search for fresh air or conditioned environments including overnight. Avoid direct sunlight, especially between 1100 and 1800 hours;
2. Increase your intake of water or natural fruit juices even at night. Avoid consumption of alcoholic beverages;
3. Pay special attention to groups most vulnerable to heat - chronically ill, the elderly, children, pregnant women and workers with outdoor activities;
4. Those who are chronically sick or subject to diet with fluid restrictions, must follow the recommendations of their doctor or the Line 808 24 24 24;
5. Visit and monitor the elderly, especially those living in isolation. Ensure they have proper hydration and stay in cool environment;
6. Ensure that children regularly consume water or natural fruit juices and remain cool. Children under 6 months should not be subject to solar, direct or indirect exposure;
7. Pregnant women should take special care: moderate physical activity, avoid direct or indirect exposure to the sun and ensure frequent fluid intake;
8. Use sunscreen with a factor equal to or greater than 30 and renew its application twice every 2 hours and after swimming at the beach or pools. Should avoid between 1100 hours and 1500 hours;
9. Use loose, opaque and clothing that covers most of the body, wide-brimmed hat and sunglasses with UV protection. Choose hours of lower heat to travel by car. Do not stay within parked vehicles and exposed to the sun;
10. Avoid activities that require great physical effort, such as labour, sports and outdoor labour activities.

Source Director General of Health

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