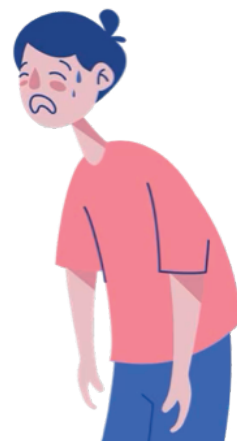




How high temperatures affect health in the Valencian Community?



High temperatures are a recurrent challenge in the Valencian Community due to its Mediterranean climate. During the hottest months, the intense heat can directly affect the health of the population.

Heat waves increase the risk of health problems, such as heat stroke, dehydration and aggravation of chronic diseases. The most vulnerable are children, the elderly and those suffering from cardiovascular or respiratory diseases.

Extreme heat causes “tropical nights”, where the temperature does not drop below 20°C. This makes it difficult to rest, causing fatigue and affecting general well-being.



**TELÈFON
D'EMERGÈNCIES**
COMUNITAT VALENCIANA

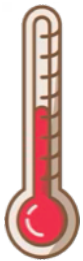
112

HOW IT AFFECTS HEALTH



TEMPERATURE EXTREMES

HEAT WAVES



**Impacts on
human health**

**Respiratory
and cardiovascular
problems**

**Heat stroke
and dehydration**



**Increase in
hospitalisations
and deaths**

SYMPTOMS OF HEAT STROKE



**DIZZINESS
AND NAUSEA**

HEADACHE



**ACCELERATED
HEART RATE**

**HIGH BODY
TEMPERATURE**



GROUPS AT RISK

**Elderly
people**

**People
working
outdoors**

**People
with chronic
diseases**

**Pregnant
women**

**Children
from 0 to 5
years old**



RECOMMENDATIONS



Avoid exposure to the sun in the middle of the day



Hydrate frequently



Look for shady, cool and ventilated places



Cover your head with caps or hats

In the event of heat stroke try to get medical help or call 112

