



Extreme heat

Very hot weather can make anyone ill, and heat stroke can kill. This page helps families keep homes and bodies cool, spot the difference between heat exhaustion and heat stroke, and act fast.

CHECKLIST

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| ☐ Refillable water bottle | ☐ Cold packs and a cloth to wrap them |
| ☐ Oral rehydration powder or sports drinks | ☐ Cool box for medicines that need chilling |
| ☐ Wide-brimmed hat | ☐ List of nearby cool public places |
| ☐ Loose, light-coloured clothing | |

BEFORE

- Learn the warning signs of heat exhaustion and heat stroke.
- Locate nearby cool public places, such as malls or libraries, to use if your cooling fails.
- Shade windows with curtains, blinds or reflective film to keep heat out.
- Seal gaps around doors and windows and improve insulation.
- Ask your doctor before changing any medicine, and plan how to keep chilled medicines cold in a power cut.
- Know who is most at risk: babies, young children, over 65s, pregnant women and people with heart or lung conditions.

DURING

- Never leave children, adults or pets in a parked car, even briefly.
- Drink plenty of water through the day and limit alcohol.
- Stay out of direct sun around the middle of the day and keep to the shade.
- Wear loose, light-coloured, lightweight clothes and a wide-brimmed hat.
- Do not rely on a fan as your main cooling in very hot rooms. Use air conditioning or a cool place.
- Take cool showers and use the oven less to keep the home cooler.
- Look in on older relatives, neighbours who live alone and anyone with a long-term illness.
- Give pets shade and cool water, and keep their paws off hot pavement.

IN THE UAE

In 2024 the UAE midday break banned outdoor work in direct sun from 12:30pm to 3pm between 15 June and 15 September. Check each year's announcement; the hours are a useful guide for timing family outdoor activity too.

MY NOTES

Sources: Ready.gov (FEMA), Extreme Heat (<https://www.ready.gov/heat>); NHS, Heat exhaustion and heatstroke (<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>); CDC, About Heat and Your Health (<https://www.cdc.gov/heat-health/about/index.html>); Gulf Today (WAM report of MoHRE announcement, 31 May 2024), Midday break for outdoor workers to start from June 15: UAE Ministry (<https://gulftoday.ae/news/2024/05/31/uae-to-implement-midday-break-prohibiting-work-under-direct-sunlight-from-june-15-to-september-15>) General guidance in our own words. Always follow your local authorities.