



Ibqa frisk, idratat u infurmat

Suġġerimenti biex tibqa' f'saħħtek fis-sħana:

- Oqgħod ġewwa u f'post frisk matul l-aktar ħinijiet sħan tal-ġurnata (11am - 4pm).
- Żomm id-dar tiegħek friska billi tagħlaq it-twieqi u l-purtieri matul il-jum u tiftaħhom billejl.
- Ilbes ilbies ħafif, imxi fid-dell u ilbes kappell meta tkun fuq barra.
- Ixrob ħafna ilma anke jekk m'għandekx għatx. Ġorr miegħek flixxun ilma kiesaħ meta toħroġ.
- Evita xarbiet biz-zokkor, alkoħol u kafeina.
- Kul ikliet idratanti u ħfief eż. insalati u frott.
- Ippjana l-attività fiżika għall-aktar parti bierda tal-ġurnata eż. kmieni filgħodu jew tard filgħaxija, jew agħmel eżerċizzju ġewwa f'kamra bl-arja kundizzjonata.
- Fittex parir mediku jekk tesperjenza xi sintomi relatati mas-sħana bħal sturdament, ħafna għaraq, dardir, rimettar, żieda fir-rata tal-qalb jew buġħawwieġ.

Dejjem ara li tistaqsi lil individwi vulnerabbli dwar kif inhuma, bħall-anzjani jew dawk b'kundizzjonijiet kroniċi. Jekk tinsab f'riskju inti stess, sib lil xi ħadd li jista' jiġi jarak regolarment, speċjalment waqt mewġa ta' sħana, u ara li jaqbel li jieħu din ir-responsabbiltà.

Fittex parir personalizzat mit-tabib tiegħek jekk qed tgħix b'marda kronika.

Ċempel fuq **21 231 231** għal pariri dwar is-saħħa u s-sħana.

Ċempel lin-**Numru ta' Emergenza 112** f'każijiet ta' *heat stroke* jew kundizzjonijiet oħra marbuta mas-sħana (aċċessjonijiet, aġitazzjoni, letarġija, polz mgħaġġel, nifs dgħajjef u mgħaġġel)

Għal iktar informazzjoni ġenerali dwar l-effett tas-sħana fuq is-saħħa, żur hpd.gov.mt



Stay cool, stay hydrated, stay informed

Tips to stay safe in the heat:

- Stay indoors and in a cool place during the hottest time of the day (11am - 4pm).
- Keep your house cool by closing windows and curtains during the day and opening them at night.
- Wear light loose clothing, walk in the shade and wear a hat when outside.
- Drink plenty of water even if you are not thirsty. Carry a bottle of cold water with you when you go out.
- Avoid sugary drinks, alcohol and caffeine.
- Eat light hydrating meals e.g. salads and fruit.
- Plan physical activity for the coolest part of the day e.g. early morning or late evening or exercise indoors in an air-conditioned room.
- Seek medical advice if you experience any heat related symptoms such as dizziness, heavy sweating, nausea, vomiting, increased heart rate or muscle cramps.

Always make it a point to check on vulnerable individuals, such as older people or those with chronic conditions. If you are at risk yourself, find someone who can regularly check on you, especially during a heatwave, and make sure that they agree to take on this responsibility.

Get personalised advice from your doctor if you are living with a chronic disease.

Phone **21 231 231** for heat and health advice.

Call the **Emergency Number 112** in cases of heat stroke (seizures, agitation, lethargy, rapid pulse, rapid shallow breathing)

For general information on the effect of heat on health, visit hpd.gov.mt