

Assunto: PLANO DE CONTINGÊNCIA PARA ONDAS DE CALOR
RECOMENDAÇÕES PARA TURISTAS

Nº: 35/DSAO
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Para: Todos os Estabelecimentos de Saúde

Contacto na DGS: Divisão de Saúde Ambiental e Ocupacional

INTRODUÇÃO

Being among the sunniest countries in Europe with a widespread coastline, Portugal is, undoubtedly, one of the most attractive and cherishes destinations for tourism. However, in order to enjoy the pleasures of the lovely weather and multiple attractions this country has to offer, one must be fully aware of the dangers resulting from extreme hot days that may occasionally occur, the so-called heat waves. Therefore, some special measures must be taken, before and during those periods, as to minimize the heat effects on human health.

PREVENTIVE GENERAL MEASURES

1- Support programmes

- Identify the most vulnerable groups, namely:
 - ° Young infants;
 - ° Elderly;
 - ° Chronic patients (cardiovascular, respiratory and kidney diseases, diabetes, alcohol consumption);
 - ° Obese people;
 - ° Mental disabled people;
 - ° People under medication such as, anti-hypertensive, anti-arrhythmic, diuretic, anti-depressive and neuroleptic medicines;
- Remain, at least, 2-3 hours a day in a cool environment, as for instance, an hotel, shopping-centre, cinema, museum, library, or any other place with air conditioning, especially during the warmest hours of the day;

2 - Beverages

- Do not bath (even to refresh yourself), nor consume any water coming from fountains or decorative lakes. Consume only bottled water, or public tap water.

3 - Outdoors

- Avoid long stays at sun exposed vehicles;

In case of unavailable air-conditioning, never completely close the windows.

When travelling, take/drink enough water or natural fruit juices (no sugar added). Whenever possible, travel by night.

- Avoid all activities demanding intense physical strain, such as sports, when the temperature is too high.

PREVENTIVE INDIVIDUAL MEASURES

1 – Food/Beverages

- Increase liquids intake (water or natural fruit juices, no sugar added), even without being thirsty, in order to prevent dehydration;
- Avoid alcoholic drinks and/or drinks with high sugar contents;
- Offer water and give special attention to new-borns, young infants and children, elderly people and chronic patients, that may not feel thirsty, or be unable to express their need, making them particularly vulnerable;
- Take light and more frequent meals, and avoid heavy and spicy dishes;

2 – Others

- Avoid exposing yourself to direct sun, in particular, between 11.00 am and 5.00 pm;
- Use high-factor sun protectors (≥ 30) and never forget to protect your head and eyes (wearing a hat and sunglasses);
- During the warmest hours of the day, take a lukewarm or cold shower, always avoiding sudden temperature changes.
- If you suffer from a chronic disease, or under unsalted diet and liquid restriction, ask for your doctor's advice, or call our "SAÚDE 24" Centre (808 24 24 24).

ALERT SIGNS AND MEASURES TO BE TAKEN

The first alert signs are described as follows:

- Change(s) in the usual behaviour;
- Strong weakness and/or fatigue;
- Dizziness, vertigo, conscience disorders, convulsions;
- Nausea, vomits, diarrhoea;
- Muscle cramps;
- High body temperature;
- Thirst and headaches.

FOLLOWING MEASURES MUST BE TAKEN

- Carry the person into the shade, or inside a cool place, and try to release him/her from excess clothing;
- Try to ventilate the place as much as possible;
- Spray the body with fresh water;
- Give water to the person, but only if he/she is conscious;
- Call a doctor;
- Contact “Saúde 24” Centre – 808 24 24 24, or dial 112 (SOS).

FOR FURTHER INFORMATION:

- Directorate-General of Health Website www.dgs.pt
- E-mail: calor@dgs.pt
- “Saúde 24” Centre – 808 24 24 24
- Weather report/information: www.meteo.pt
- National Authority for Civil Protection: www.prociv.pt



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BIBLIOGRAFIA

Les Recommandations “Canicule”, Le Ministère de la Santé de France, 2007