

With regard to announcements of extreme heat conditions during summer months, the Ministry of Health issued a warning/prevention guide/the following tips for citizens, especially for the elderly and the people with chronic diseases, on how to behave during periods of extremely high temperatures:

- avoid exposure during extreme heat conditions, between 10 am and 5 pm
- do not leave children and/or animals in parked vehicles
- avoid strenuous physical activities
- look out for shade/shady areas
- regularly drink plenty of fluids and avoid alcoholic beverages and beverages with large amounts of caffeine and sugar
- eat light meals frequently, avoid food rich in proteins
- keep your body cool - take a shower or bath in a luke warm water
- maintain a cooler temperature in your home - keep room temperature below 32°C during day and below 24°C at night
- wear light weight, loose-fitting and light-coloured clothing made of natural materials
- put on a wide-brimmed hat or cap and sunglasses
- use cooler night air, decrease amount of hot air in doors, hang wet towels, turn on air-conditioning, close doors and windows
- check on family members, friends and neighbours who spend majority of their time alone
- seek your physician's advice if you suffer from a chronic disease. If you are taking medications, seek your physician's advice on the effect the medications can have on your body temperature/body's cooling mechanisms and body fluid balance
- get informed, follow the tips and recommendations of your local healthcare institutions
- write down important Emergency Medical Service telephone numbers - 194 (for the entire territory of Croatia) and Centre 112. In case you or someone around you does not feel well, seek medical attention and ask a physician's advice.