

HEALTHGUIDELINE

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Adapting to the Heat

Simple Actions to Protect Our Health During Heatwaves

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As extreme heat events and hot days become more frequent and intense around the world, adapting our everyday behaviours can help us reduce our heat exposure to protect our health. This graphical Heat-Adaptive Behaviors (HABs) Guide presents a few simple, practical actions that people can take throughout a hot day to stay safer and cooler.

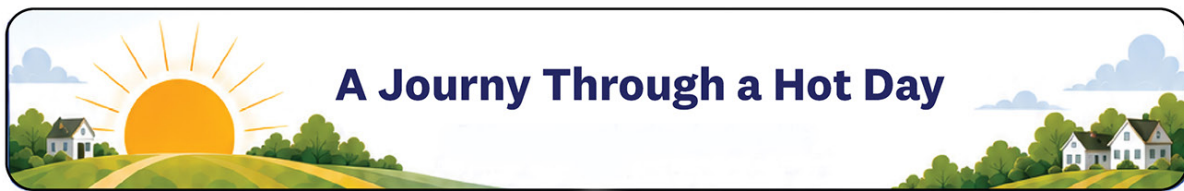
Developed in collaboration with the University of East London's Sustainability Research Institute (SRI), this simple HABs Guide by the United Nations University Institute for Water, Environment and Health (UNU-INWEH) is based on three key principles:

1. **Prevent heat from entering** the home through shading and reducing direct sunlight during hot days even when you are not home.
2. **Reduce the trapped heat through natural ventilation** during cooler periods.
3. **Adapt daily routines** by checking forecasts, avoiding peak heat, staying hydrated, and using cooler spaces.

The guidance draws on evidence and recommendations from the World Health Organization (WHO), U.K. Health Security Agency (UKHSA), U.S. Centers for Disease Control and Prevention (CDC), and U.K. National Institute of Health and Care Excellence (NICE), and aims to support practical heat-adaptation behaviours before, during and after periods of extreme heat.



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MORNING
Take advantage of the coolest hours.

1 Start Early



2 Check the Forecast



3 Block the heat



4 Wear Cool Clothing



MIDDAY
Avoid peak heat.

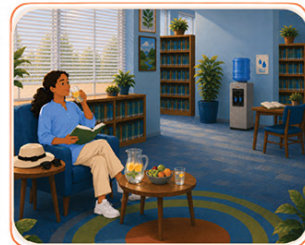
5 Seek Shade



6 Move into cool spaces



7 Rehydrate



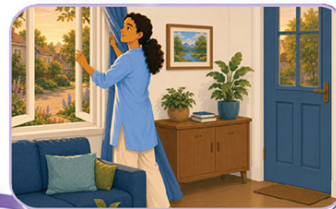
AFTERNOON
Keep cool and rest.

8 Cool Down



HOTTEST PART OF THE DAY 12-3 PM
Limit outdoor activity and seek cool environments.

9 Let the Cool Air In



EVENING
Resume activities safely.

10 Enjoy outdoor activities in Cooler Hours



11 Look After Each Other



NIGHT
Prepare for tomorrow.

12 Schedule your Routine to Fit the Heat



13 Read Signs and Act Early



Signs of Heat Exhaustion

- Dizziness
- Excessive Sweating
- Muscle Cramps
- Headache
- Nausea
- Weakness

Adopted advice from:

- World Health Organization (WHO)
- UK Health Security Agency (UKHSA)
- Centers for Disease Control and Prevention (CDC)
- National Institute of Health and Care Excellence (NICE)

