

Recognising and dealing with heat emergencies

 Heat can be deadly.
Take the warning signs seriously.

When does heat become dangerous?

- If the temperature rises above 30 °C during the day and does not fall below 20 °C at night.
- If the heatwave lasts for several days.

If these symptoms occur, I give first aid and call the emergency services:



Severe headaches



Dry, hot skin



sudden confusion



Body temperature above 40°C



Repeated severe vomiting



Loss of consciousness



How can you help in an emergency?

There's a lot you can do:

1. if the person is responsive, I offer them **water to drink**.
2. If I suspect a heat-related emergency, I call the emergency services.
3. I take the person to a **cool, shady place**.
4. I **cool the body** with damp cloths on the forehead, arms, legs, neck and armpits.



Emergency number **112**



You can find further information at:



The free app of the German Weather Service (DWD) informs you about current heat warnings.



<https://www.kreis-tuebingen.de/gesundheits-umwelt.de>



<https://gesundheitsamt-dachseiten.landbw.de/tuebingen/hitzeschutz>

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No jokes with heat

How do we protect ourselves and others?



Heat is life-threatening

Who is particularly affected?

Heat affects everyone, but some population groups are particularly at risk: they are less able to adapt to heat or protect themselves from it. Others are more exposed to heat due to their job.



People in need of care and the chronically ill



People with disabilities



Older people living alone



Pregnant women, infants and small children



People who work outside and do sports

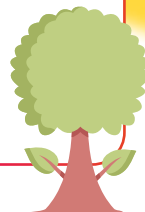


Homeless people



Avoid heat:

- I stay in the shade as much as possible
- I go outside when it's cooler - in the morning or in the evening
- I don't leave anyone in the car
- I do less exhausting things



Protect your body:

- I take a cool shower
- I put damp cloths on my neck, joints or armpits
- I take regular breaks, especially when I'm working outside



Protect against UV rays:

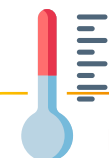
- I use sun cream with at least SPF 30+
- I wear hats - preferably with a wide brim
- I wear long, airy clothing in light colours
- I wear sunglasses with high UV protection



How do I protect myself from extreme heat?

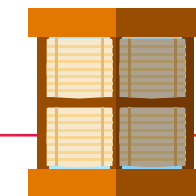
What do I do with medication in hot weather?

- Heat can change the effect of medication.
- I talk to my doctor about my medication plan.
- I read the instructions in the package leaflet.



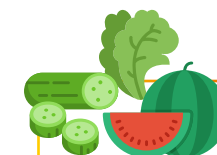
Block out the heat:

- I air the room in the morning and evening
- I close the shutters, blinds or awnings and draw the curtains
- Baking or ironing on cooler days



When a heatwave comes:

- I measure the temperature in my flat and stay in the coldest rooms.
- I try to adjust my working hours.
- I get cooling pads.



I drink a lot and eat little:

- Water and teas are great
- No alcohol, coffee and softdrinks
- I eat fresh fruit and vegetables
- It is better to eat in small portions



We look out for each other!

See who needs help. Do you have elderly, single neighbours or acquaintances? They are particularly at risk during heatwaves.

