

# ORIENTAÇÃO

## DA DIREÇÃO-GERAL DA SAÚDE

NÚMERO: 015/2011

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ASSUNTO:	Plano de Contingência para Temperaturas Extremas Adversas - Recommendations for Tourists
PALAVRAS-CHAVE:	Intense heat; Tourists
PARA:	Todos os Estabelecimentos de Saúde
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Nos termos da alínea c) do nº 2 do artigo 2º do Decreto Regulamentar nº 66/2007, de 29 de Maio, na redacção dada pelo Decreto Regulamentar nº 21/2008, de 2 de Dezembro, emite-se a Orientação seguinte:

### 1 - Introduction

With its long coastline, Portugal is one of the sunniest countries in Europe, making it a major tourist destination.

High temperature and high ultraviolet radiation levels are frequent. Tourists should be aware and take care during periods of extreme heat, in order to fully enjoy all the wonderful attractions and long sunny days.

Below is some advice on how to minimize the heat effects on our health.

### 2 - Prevention

#### a) Identify the most vulnerable groups:

- i) Babies and young infants;
- ii) The elderly;
- iii) People with chronic illnesses (such as heart and circulatory disease, kidney problems and diabetes) and/or people taking prescription medicines;
- iv) People with excess weight;
- v) People with mental health problems.

#### b) Keep out of the sun

- i) Try avoid sunlight between 11 a.m. and 5 p.m.;
- ii) Apply a high factor sunscreen ( $\geq 30$ ) and do not forget to wear a hat and sunglasses (with UVA e UVB protection);
- iii) During the warmest part of the day, try to remain for at least 2-3 hours, in a cool environment or in areas with air conditioning such as your hotel, gardens, shopping centres or museums;
- iv) Babies with less than 6 month must be keep out of the sun;
- v) Avoid direct sunlight in children with less than 3 years old.

#### c) Liquids

- i) Only drink water from public taps or bottled water;
- ii) Never drink or swim in water from ornamental fountains.

#### d) Physical activity

- i) Avoid physical exertion, such as extreme sports, during the heat of the day or when temperatures continue to be high.

#### e) Travelling

- i) Avoid long waits in vehicles exposed to the sun. Ensure that babies, children or elderly people are not left alone in stationary cars;
- ii) If you have no air conditioning or electric fans, leave the window slightly open to allow some air circulation;
- iii) Take enough water or natural fruit juices with you;
- iv) Try and travel, when possible, in the cool of the day (morning or evening).

### 3 - Individual measures

#### a) Food and Drink

- i) Increase your daily intake of liquids (water or natural fruit juices, without added sugar) even when not thirsty;
- ii) Avoid alcoholic drinks and drinks with added sugar;
- iii) Pay special attention to babies and offer more liquids to young infants, children, the elderly and those with chronic illnesses. These people may not feel thirsty, or in some cases be unable to express their need for more liquid;
- iv) Eat small, frequent meals.

#### b) Clothes

During the warmest periods of the day, if ultraviolet radiation levels are high, you should wear clear clothes with high thickness or dark clothes with lower thickness.

More information is available in Clothing Recommendations Information Circular, available at [www.dgs.pt](http://www.dgs.pt).

#### c) Other

- i) During the warmest part of the day, it is a good idea to have a tepid bath or shower, thus avoiding sudden changes in temperature;
- ii) If you suffer from a chronic illness, have a salt free diet or are on liquid restrictions, always ask your doctor or nurse for advice or call "SAÚDE 24" Centre (808 24 24 24).

### 4 - Warning signs

#### Signs of Heat Exhaustion

- Excessive thirst and headaches
- Elevated body temperature
- Changes in behaviour
- Weakness and/or fatigue
- Nausea, vomiting, diarrhoea
- Muscle cramps
- Dizziness, vertigo possibly leading to loss of consciousness and convulsions

Symptoms of Sunburn:

- Redness of the skin
- Soreness of the skin
- Swollen skin

## 5 - First aid

Heat Exhaustion :

- Move the person into a cool shady place and loosen his/her clothing
- Try to have some ventilation where possible
- Spray fresh water over the person
- If conscious give small sips of water
- Call an ambulance or take the person to the nearest hospital
- Emergency number: 112

Sunburn

- Apply cold and moist compresses
- Remove, if possible, objects that can store heat (rings, necklaces, earrings, metal)
- Protect the burnt area with gauze or clean cloth handkerchief

## 6 - Further information:

- Directorate-General of Health Website [www.dgs.pt](http://www.dgs.pt)
- E-mail: [calor@dgs.pt](mailto:calor@dgs.pt)
- "SAÚDE 24" Centre – 808 24 24 24
- Weather information: [www.meteo.pt](http://www.meteo.pt)
- National Authority for Civil Protection: [www.prociv.pt](http://www.prociv.pt)



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