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The magnitude of human costs from heatwaves can be reduced if adequate emergency prevention preparedness response and recovery measures are implemented in a sustainable and timely manner

WHO works with the health sector to strengthen governance preparedness and response to heatwaves by developing contingency plans that map the risks vulnerable populations available capacities and Heat Waves and Health The scale and nature of the health impacts of heat depend on the timing intensity and duration of a temperature event the level of acclimatization and the adaptability of the local population infrastructure and institutions to the prevailing climate Jan 1 2008 This guidance document explains the importance of the development of heat health action plans their characteristics and core elements Aug 9 2024 Heat is a growing health risk due to burgeoning urbanization an increase in high temperature extremes and demographic changes in countries with ageing populations like most Member States of the WHO European Region

Heatwaves across the Region are affecting the health and livelihoods of millions of people and climate change is increasing the risk of them occurring

Extreme heat in the summer Jan 1 2011 The most important actions to take during a heat wave are to avoid or reduce exposure to communicate risks effectively to take particular care of vulnerable population groups and to manage mild and severe heat illness Oct 11 2024 Stay out of the heat

Avoid going outside during the hottest time of the day. Stay in the shade. Remember that reported temperatures are measured in the shade and it can be 10 15C hotter in the sun. Avoid strenuous physical activity if you can

If you must do strenuous activity do it during the coolest part of the day which can be in the morning between 04 00 and 07 00 Do not leave Dec 8 2004 This report reviews the current knowledge about the effects of heat waves including the physiological aspects of heat illness and epidemiological studies on excess mortality and makes recommendations for preventive action Aug 22 2025 The WHO and WMO have released a comprehensive technical report and guidance addressing the escalating global health and economic risks posed by extreme heat particularly in the workplace

This guidance builds on five decades of research and responds to the record breaking temperatures of recent years with 2023 being the hottest year on record Jun 30 2016 Overview Heat or hot weather that lasts for several days often referred to as a heatwave can have a significant impact on society including a rise in mortality and morbidity

Heatwaves also place an increased strain on infrastructure power water and transport The WHO European Region has experienced an unprecedented rate of

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