



USEFUL LINKS

More recommendations on heat:



That's how Hannover city and district adapt to the climate:



Easy language

Scientists found out:
It's getting warmer and warmer.
It can be very hot on many days in
summer. More than 30 degrees.

Sunlight and warmth are good
for your health. For your body
and soul. People feel good.
They are in a better mood.

But too much of the sun is not
good for your health anymore.
Or if it's too hot for a longer time.

This is especially true for children.
Or for older people
Or for sick people.

When it's very hot, you have to
take extra care of yourself.

On the following pages we give
recommendations.

So that you feel good, even on
hot days.



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Landeshauptstadt

Hannover

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REGION HANNOVER: ADAPTATION TO CLIMATE CHANGE

HEAT WAVE - WHAT TO DO?

LANDESHAUPTSTADT
HANNOVER

Region Hannover
**KLIMA
PAKET**
100% fürs Klima



REGION HANNOVER IN CLIMATE CHANGE

Warmth is nice - heat can be dangerous. In Germany the hospital admissions due to heat waves increased dramatically in recent years.. Many people, mostly the elderly, died in consequence.

In the Region Hannover we'll also have to deal increasingly with the consequences of the global climate change and its effects. Extreme weather conditions, longer heat waves above 30 °C, as well as allergies, infections and viral diseases will also increase.

UV radiation and ground-level ozone add to the diverse effects on our health and well-being.

Our body is very adaptable. However, very high temperatures put a strain on the cardiovascular system. Especially people with pre-existing conditions, babies, small children and the elderly react sensitive to high temperatures. But also people who do physical labour outdoors, exercise intensively and pregnant women can immediately be affected. Below, you find recommendations for you and your family to get through the hot days well.



DAILY ROUTINE AND BEHAVIORS

- Avoid exertion in the hot period (11 a.m. to 6 p.m.) e.g. sports, walks and shopping. Better do it in the morning or late evening hours
- Wear loose and protective clothing and accessories such as a hat and sunglasses
- Drink a lot and apply sunscreen repeatedly
- Find shady places (especially for infants, toddlers and elderly)
- Do not leave people or animals in the car
- Use the supervised bathing areas and slowly enter the water
- Keeping the indoors cool: During the day keep windows, curtains and shutters closed, switch off heat sources (lamps and equipment in standby mode)
- Airing in the early morning or late evening and night hours. If rooms have already heated up, use a fan or cross-ventilate in between and create draft
- Help to cool down: damp cloths, cold water over wrist and face, fans, cool foot baths, or use water-filled spray bottle to refresh your face and body (beware of slipping)
- Fill the hot water bottle with cold water for the night
- Store medicines in a cool place

Nicely arranged drinks make drinking easier for people with low thirst, especially children and the elderly



Regular drinking and heat protection are particularly important for children and elderly



EATING AND DRINKING

Make sure you drink enough fluids (2 to 3 liters) and don't wait until you feel thirsty. If you feel less thirsty, provide a drink every hour, create a drinking plan or use a drinking app. Replenish the minerals and water lost through sweating with water, broth and vegetable soups.



SUITABLE

- Tap or mineral water (according to taste: lemon, berries, apples, melon, peppermint, lemon balm, add thyme and sage) as well as unsweetened fruit or herbal teas
- Here you will find free drinking water taps along the way: www.refill-deutschland.de
- Fresh, water-bearing food such as lettuce, cucumber, tomato, melon, vegetables, potatoes, cold soups, pasta, rice, whole grains and fruit
- Eat smaller portions



NOT SUITABLE

- Alcohol, heavily sweetened and ice cold drinks
- Large amounts of caffeinated beverages
- Fatty foods and those difficult to digest, such as meat, fish and pulses (increase body heat)

Green salad is light and cools the body from the inside – an ideal meal when it's warm outside



ATTENTION!

Do you have a chronic medical condition or are you taking regular medication, clarify with your GP:

- Whether an adjustment of the medication is necessary
- Whether your daily drinking amount deviates from the general recommendations

Watch out for people in need of help. If you have any of the following health problems, you should request medical attention by dialing **112** immediately:

- sudden confusion
- clouding of consciousness
- unconsciousness
- seizure
- high body temperature above 39 °C
- severe, recurrent vomiting
- circulatory shock

Here's what you should do until medical help arrives:

- Check pulse and breathing, if necessary initiate chest compressions
- Unconscious person - provided pulse and breathing are present - bring into stable lateral position
- Provide shade
- If appropriate – offer a drink, possibly cool the head, neck, arms and legs with a damp cloth
- If the skin is pale – lie down and put the feet up

Foot baths effectively regulate body temperature

