



Enjoy the summer vacation with safety!

Vacation is a period of rest and rejuvenation! To maximize the pleasure of our getaway, it is crucial to safeguard ourselves and our companions against the perils of extreme heat and the unpredictable dangers at the sea, especially when visiting unfamiliar destinations!

Exposure to high temperatures can lead to critical health issues, including heat exhaustion and heatstroke. Heatstroke is a medical emergency and requires immediate transport to a health facility, as it can cause severe symptoms, permanent disability or even fatality. Furthermore, drowning ranks as the 3rd leading cause of death from unintentional injury worldwide and can happen to anyone, anytime and in any place where there is access to water.

By adopting several precautions, you can effectively prevent the harms of excessive heat and ensure safety from the risk of drowning, enjoying the sun and the sea!

- ✓ **Consult the local weather forecast** for your destination and stay informed through the news updates regarding potential alerts about upcoming extreme heat conditions and safety tips.
- ✓ **Inform a family member or friend about your travel plans** and itinerary and maintain communication with them regularly.
- ✓ **Always carry a fully charged cell phone** and keep a list of emergency contact numbers available. In case of emergency call the European Emergency Number 112.
- ✓ **Plan your travel and activities:** Schedule your walking tours or outdoor activities during the cooler parts of the day, such as early morning or late afternoon.
- ✓ **Wear loose, light, light-colored clothes preferably made of natural materials such as cotton or linen.**
- ✓ **Wide-brimmed hats and black or dark-colored sunglasses are must-have accessories for summer** when you are in outdoor activities such as beaches, hiking trails and tours.
- ✓ **Apply a sunscreen with an adequate sun protection index**, 30 minutes before going out and re-apply it regularly during your stay outdoors or at the beach.
- ✓ **Stay hydrated:** It is essential to keep ourselves, our children, seniors, and pets hydrated. Always carry a bottle of water when outdoors and drink plenty of it frequently.
- ✓ **Avoid drinking alcohol:** Alcohol contributes to dehydration during hot weather. Avoid consuming alcohol before and during your presence in the water as it can lead to impaired judgment, lack of coordination and reaction time and inability to control the temperature.
- ✓ **Stay indoors:** During the hottest hours of the day, usually between 11:00-17:00, and especially on hot days, avoid exposure to the sun and prefer staying in air-conditioned spaces (e.g. museums) as long as possible.



- ✓ **Eat light meals:** When it's hot, it's preferable to eat light, small, well-balanced, and regular meals with an emphasis on fruits and vegetables and limiting fat.
- ✓ **Consult your medical doctor:** It may be necessary to modify the dose of prescribed medications during the summer period.
- ✓ **Protect high-risk groups:**
 - Infants & children
 - Elderly people
 - Pregnant and lactating women
 - People with chronic conditions
 - People taking medication for chronic diseases
 - Obese/overweight people
- ✓ **Never leave infants, children, the elderly, other persons, and pets unattended in a closed parked vehicle.**
- ✓ **Maintain uninterrupted supervision over small children when they are in the sea or in a pool.**
- ✓ **Always swim with a friend:** If it is not possible to be with someone who knows swimming well, choose areas or beaches with a lifeguard.
- ✓ **Always swim parallel to the shore:** Avoid going away from the coast and never swim to the point of exhaustion. At the first feeling of fatigue or discomfort when in the sea, return to the shore.
- ✓ **Do not swim after eating or drinking:** Enter the sea or pool only after 2-3 hours have passed since eating.
- ✓ **Avoid swimming in unfamiliar waters:** If you visit a beach for the first time, get informed about its dangers (e.g. sea currents, rocky bottom, isolated shores, etc.). Connect for free to the Safe Water Sports [online application](#) on safety and leisure features of > 3,400 beaches in Greece and Cyprus.

For more information, visit us at



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