# COOL TIPS FOR HOT SUMMER MONTHS IN MANNHEIM²

Cool down – Stay refreshed and healthy throughout the summer!



STADTMANNHEIM²

# Dear Citizens,

The days are getting longer and warmer, and life is moving back outdoors. These summer days are best enjoyed in the sun, surrounded by greenery or by the water – a time of pure enjoyment.

However, when it stays hot for extended periods and the nights offer no respite, it can become exhausting and even detrimental to health. In recent years, these heatwaves have increased in frequency, presenting challenges for many individuals. That is why this small guide aims to accompany you through the hot season and ensure your well-being.

In this brochure, you will find numerous tips and tricks on how to navigate everyday life while fully embracing summer with a cool head. You will also find emergency hotline numbers, guidance for handling emergencies, useful apps, and information on local resources and support services. Additionally, we will introduce you to the various ways you can cool down in Mannheim, whether in the heart of the city or out in nature.

**Protect yourself from the heat and stay healthy throughout the summer!**

Yours sincerely,
Mannheim City Administration Department of Climate, Nature, and Environment
Department of Youth Services and Health Office

**Attention!**

- **Heatstroke is life-threatening** and requires immediate medical attention.
- Do **not** leave people suspected of heatstroke or heat collapse **alone**. Especially in case of heatstroke, the condition of the affected person can deteriorate rapidly.
- Wrap ice packs in a cloth. Place them on the body of the affected person. This helps to lower the body temperature.

Seek assistance from other individuals if necessary.

**Emergency hotline number: 112**

## What to do if you or someone else is not feeling well:

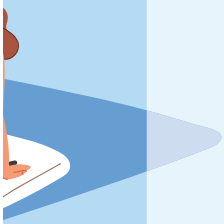
- Seek help if you feel dizzy, weak, or unwell, experience severe thirst, or have headaches.
- Move to a **cool place** as quickly as possible. Sit or lie down on the floor if possible.
- Drink some water or unsweetened fruit juice to replenish fluids.
- If experiencing painful muscle cramps, rest in a cool place and drink electrolyte-rich, isotonic drinks. If **heat cramps** persist and do not improve over time, seek medical attention from a doctor.

# How to recognise heat-related illnesses?

**Symptoms & Characteristics:**

- hot, dry skin
- mild to severe headaches
- flushed face
- nausea and vomiting
- impaired consciousness
- sudden confusion
- high body temperature (over 39 °C)
- **Excessive exhaustion:** irritability, weakness, tightness, dizziness, headaches, nausea, rapid pulse
- **Seizure:** muscle twitching, loss of consciousness
- **Lack of oxygen**





## What should you do in an emergency?

**- Call for first aid assistance.**
**Dial emergency services immediately: 112**
**- Stay calm. Briefly and clearly describe the situation and symptoms to the emergency operator. Provide your name, location, and callback number.**

## Things to do until the emergency medical services arrive

- Address the affected person directly. Assure them that help is on the way.
- Do **not** leave the affected person **alone under any circumstances.** Speak calmly and reassuringly to them.
- Move the person to a **cool, shaded area** and lay them down (with elevated legs).
- **Provide fluids.** Give small portions of electrolyte-rich, isotonic, non-alcoholic drinks if the person is not vomiting and is fully conscious.
- **Cool the body down.** Apply cold compresses to the calves, forehead, neck, and wrists, and provide fresh air (fan air towards them).
- Dress them in light and comfortable clothing or remove excess clothing.
- **Monitor** consciousness and **breathing.**
- If the person is conscious, **elevate their legs**.
- If unconscious, place them in the **recovery position.**



# Who is particularly affected by summer heat?

Hot days and heatwaves do not affect everyone equally, but they do impact all individuals. Therefore, during summer, we should pay attention to our own well-being and the well-being of others.
The following groups, as outlined in the Heat Action Plan of the City of Mannheim, are **particularly vulnerable and face difficulties adapting to the changing conditions during heatwaves:**

- Infants and young children
- Pregnant women
- Individuals over 65 years of age
- People with chronic illnesses (e.g., cardiovascular, respiratory, neurological/psychiatric, malnutrition/ obesity, kidney disease)
- Homeless individuals
- People with disabilities
- Individuals with substance abuse disorders

Athletes and individuals engaged in physically demanding work outdoors should also take care of themselves during high temperatures, even if they do not belong to any specific risk group.

# Mindfulness in summer

During summer and extreme heat, it is important to be mindful of our fellow human beings.  Pay attention to your neighbours, friends, family members, as well as to the people you interact with in your daily life and at work, and those you encounter encounter along the way.

If in doubt, engage with people and do not simply pass by. **Offer your assistance** – for example, help carrying a heavy shopping bag, providing a cool drink, or accompanying someone to a cool, shaded place.

› Let‘s look out for each other



# Skin protection

Sunlight feels good and brings happiness. However, excessive UVA and UVB radiation can harm the skin. It is essential to avoid sunburn.

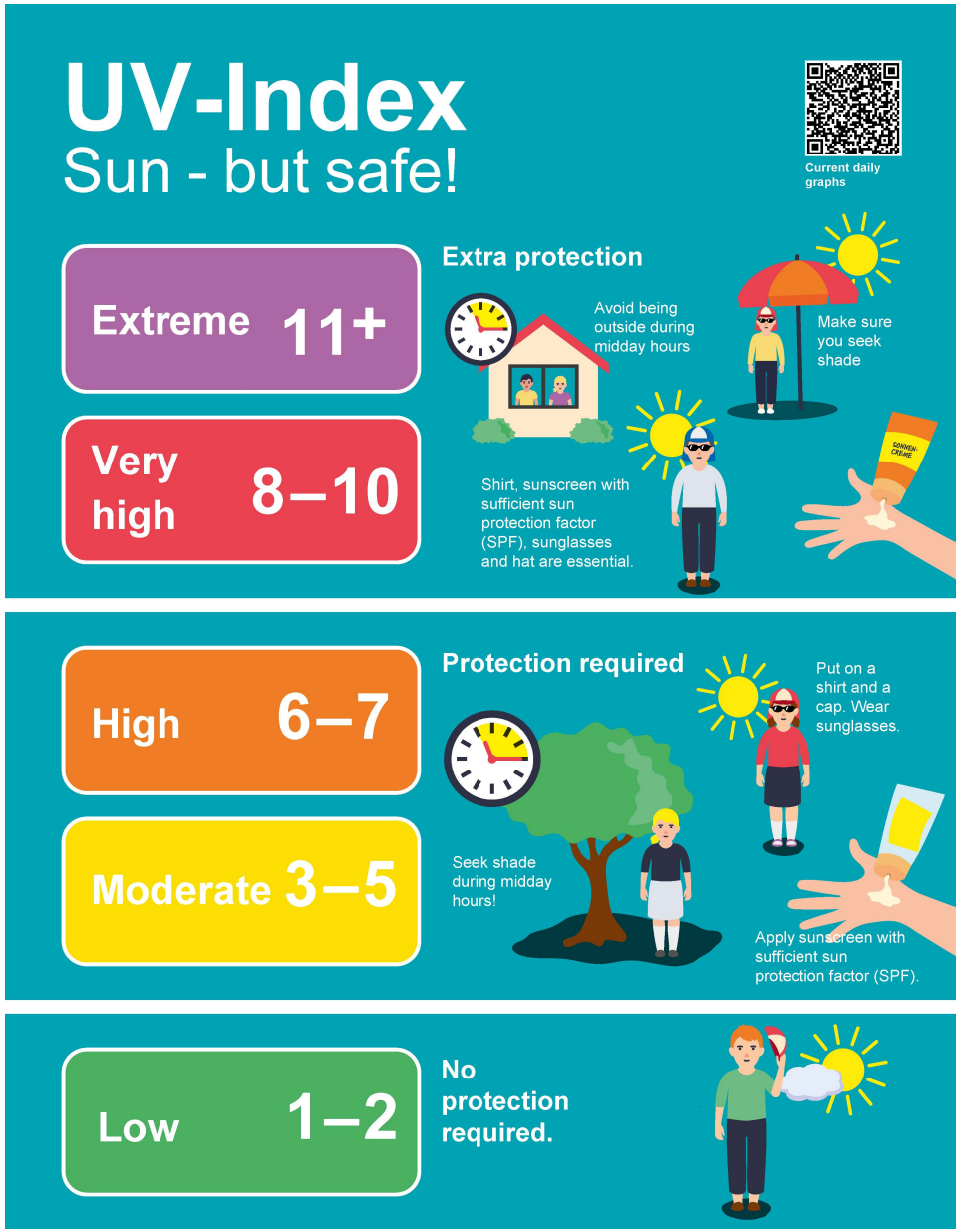
- Apply an adequate amount of **sunscreen** and ensure that no area is left unprotected. Even in the shade, you are still exposed to radiation.
- Wearing a **hat**, a visor, or a lightweight scarf, as well as light-coloured, long-sleeved, loose-fitting clothing, provides additional protection.




- Infants under one year old should not be directly exposed to sunlight. They should be protected with a **sunscreen of SPF 50** and additional UV protective clothing.
- Children, even when playing in the shade, should be protected with a sunscreen of at least SPF 30.



**Preventing sunburn is important**

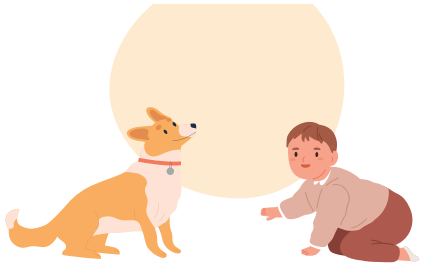



Source: www.bfs.de/DE/mediathek/alltag/optisch/sonne/sonne_node.html
Translation: https://www.bfs.de/EN/topics/opt/uv/sun/sun_node.html

# Exercise yes, overexertion no

Physical activity is an important part of life, even during the summer season. However, exercising during a heatwave is not advisable at every time of the day or location.

- **Avoid the intense midday sun and the hottest hours of the day** ( 11 am to 6 pm). Choose shaded paths in the woods for your workouts, for example.
- Physical exertion places considerable stress on the cardiovascular system, particularly in hot weather, so it is best to avoid overexerting yourself.
- Ensure you drink **enough fluids** before, during, and after exercise (isotonic and non-alcoholic beverages).
- After exercising, gradually reduce the intensity (cool down) and avoid taking cold showers. Opt for lukewarm showers instead to prevent issues with your circulation.



# Caution advised: Heat in vehicles

**Danger of life-threatening conditions** in the heat! Never leave your child or pet in the car, even for a short period of time. Even with the windows open, vehicle interiors can quickly become extremely hot. This can be life-threatening.

## Heat development in a parked vehicle

**Temperature data in degrees Celsius (°C)**

| | Ambient air temperature | Interior vehicle air temperature reached for different time intervals | | | |
|---|---|---|---|---|---|
| | | 5 minutes | 10 minutes | 30 minutes | 60 minutes |
| 🌡° | 42° | 46° | 49° | 58° | 68° |
| 🌡° | 40° | 44° | 47° | 56° | 66° |
| 🌡° | 38° | 42° | 45° | 54° | 64° |
| 🌡° | 36° | 40° | 43° | 52° | 62° |
| 🌡° | 34° | 38° | 41° | 50° | 60° |
| 🌡° | 32° | 36° | 39° | 48° | 58° |
| 🌡° | 30° | 34° | 37° | 46° | 56° |
| 🌡° | 28° | 32° | 35° | 44° | 54° |
| 🌡° | 26° | 30° | 33° | 42° | 52° |
| 🌡° | 24° | 28° | 31° | 40° | 50° |
| 🌡° | 22° | 26° | 29° | 38° | 48° |
| 🌡° | 20° | 24° | 27° | 36° | 46° |

adapted from Grundstein et al. (2010), https://doi.org/10.1175/2010BAMS2912.1

**Select the tips that suit you best and make you feel comfortable!**

## Cool tips

- Take lukewarm showers or (foot)baths. Cool your wrists from time to time.
- **Regularly** cool your body with wet towels or a spray bottle on your legs, arms, face, or neck, without drying off afterwards.
- Wear light clothing that provides adequate coverage to protect your body from direct sunlight.



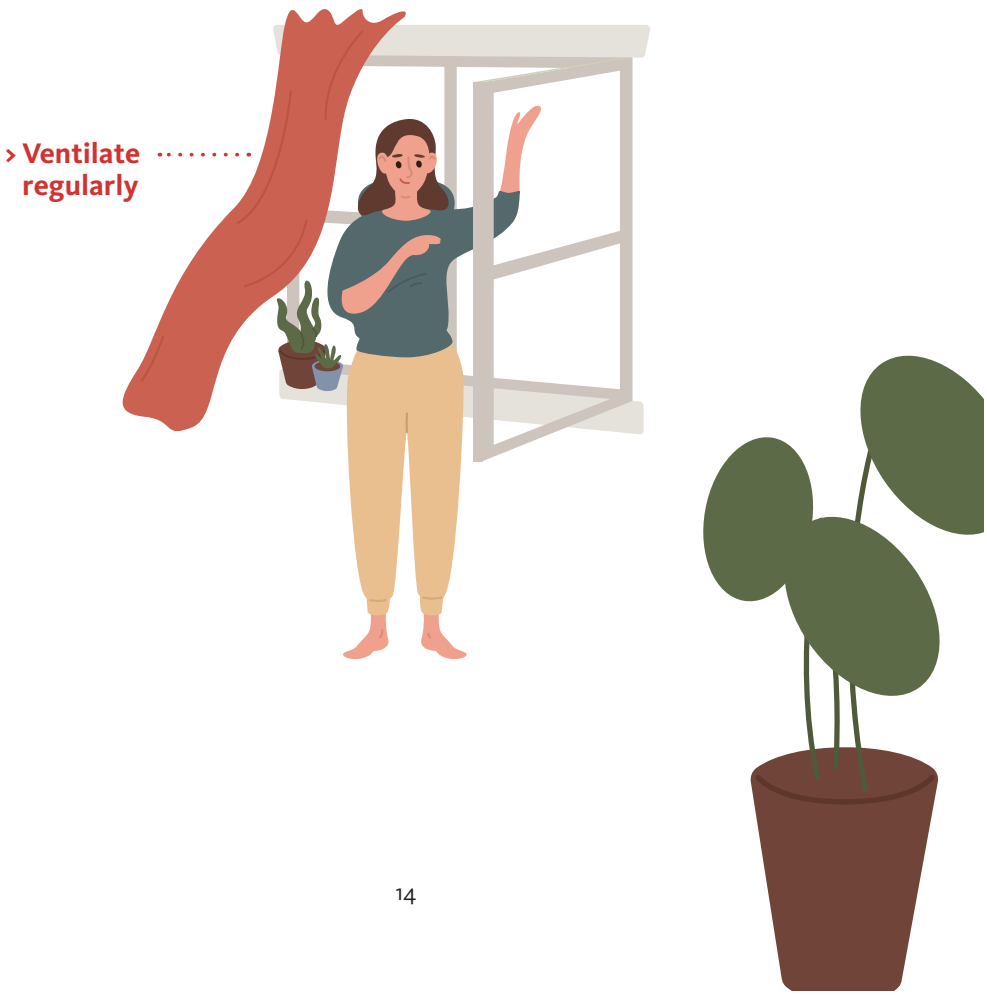
› Light clothing




- Opt for light and breathable fabrics such as linen or cotton.
- Protect your head and eyes. Wear a **hat** (sun hat, cap, or scarf) and sunglasses when outdoors.

## Cool tips

- Schedule physically demanding tasks or sports for the morning or evening.
- Prevent heat from entering the house during the day. Close windows and shutters during the day and air out during the **cool night and morning hours.**



## › Use fans or air conditioning



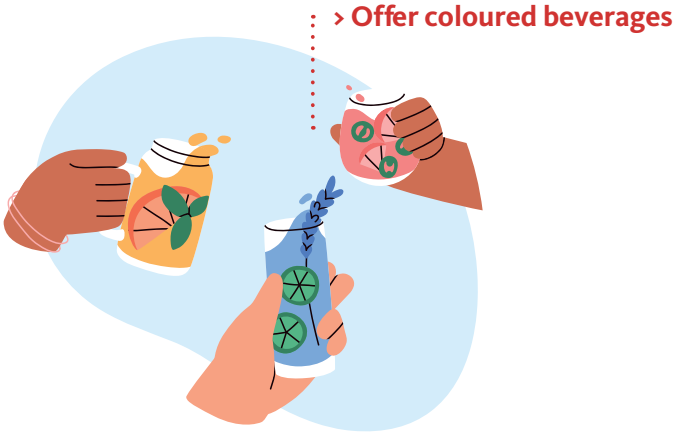
- Switch off electrical appliances completely when not in use.
- Use fans or air conditioning if it is advised for your health. To prevent heat shock, avoid reducing the indoor temperature by more than 6 degrees below the outdoor temperature.
- Follow the **shadow rule:** If the shadow is shorter than your body height, take necessary measures to protect your skin and eyes.

## Cool tips for relatives or neighbours of heat-sensitive individuals

- Pay attention to the following **signs**, such as a dry mouth, cracked lips, dry and itchy skin, fatigue and weakness, difficulty concentrating, and weight loss.
- Organise a **daily home visit** or phone call if possible.
- Offer neighbourhood assistance:
  - Arrange help with shopping.
  - Organise transportation services
  - Mow the lawn or water the garden
  - Take morning walks, provide leisure activities in cool rooms, and have communal meals with fresh, water-rich foods.
- Particularly **vulnerable individuals** require special care. If possible, provide regular and multiple daily visits from a home care service.



Organise grocery shopping assistance




## Cool tips for educators

- Provide coloured beverages such as unsweetened fruit juice spritzers, or clear beverages in colourful cups. Incorporate **drinking** into everyday activities in a playful way to **motivate** children (e.g., using drink dispensers, incorporating playful drink breaks, etc.).
- Create shaded areas in outdoor spaces, either through **natural shade** from trees or by using artificial sun protection devices such as sunshades, umbrellas, and pavillions.
- Adapt leisure activities such as water play in shaded areas.
- Plan outdoor activities in **shaded areas** or keep the group indoors in cool areas.
- **Regularly** check if children are drinking enough, for example, by maintaining a drinking journal. Reapply sunscreen regularly.

## Cool tips for **healthcare personnel**

- Keep drinks visible and accessible in suitable containers and **regularly** monitor intake. Offer drinks regularly.
- Monitor room temperature regularly and record it.
- Adjust clothing, bedding, and outdoor activities during the hot season.
- Check **medication lists** for drugs that may not be suitable for the body during extreme heat. The dosage may also need adjustment. If necessary, consult the doctor of the person in need of care.
- Inform visitors and family members about **important behaviours during hot weather.**

**› Monitor fluid intake regularly**





## Things to bear in mind when taking medication or in case of existing medical conditions

- When taking **medication**, your thirst sensation may change. Check how medications can affect you in hot weather and discuss it with your doctor.
- Discuss the ideal **fluid intake** with a doctor, especially if you have a heart or kidney condition.
- Ensure that **medications are stored properly** and not exposed to heat. If you have any questions, visit a pharmacy for advice.
- Always take your medications with water, not with fruit juices or alcoholic beverages.
- **Regularly** review the correct administration of medication for particularly vulnerable individuals. Stay in touch.

› Cool box for refreshments



## Cool tips for people who work outdoors

- Rotate and distribute tasks or work among several employees and colleagues regularly.
- Start work in the cooler morning hours. Avoid the **midday heat**. Plan and schedule heavy tasks for the morning, and lighter tasks for the afternoon.
- Heat can reduce **concentration** and increase the risk of **accidents**. Therefore, seek out a cooler location during breaks.
- Drink an adequate amount of fluids throughout the day (at least 3-4 litres/day). Keep cool beverages readily available in a thermos or a small cool box in your immediate work area.
- Work in enclosed, covered, and preferably cooled vehicle cabins.
- Utilise shelters, sun sails, or sunshades at outdoor workstations.

# Are you sensitive to heat?
# A quick heat check!



**Do you often forget to drink water and in adequate quantities in your everyday routine?**

Yes No

**Do you often feel too hot during summer? Do you experience intense thirst and excessive sweating or the lack of it?**

Yes No

**Do you experience the following symptoms in hot weather: Dizziness, confusion, headaches, very pale or very red skin, difficulty breathing, loss of appetite, and decreased urine output?**

Yes No

**Are you homeless, live on the top floor of a building, or in a particularly hot neighbourhood?**

Yes No

**Do you need assistance with drinking?**
**Are you unable to reach a cool place on your own?**

Yes No

**› The more questions you answered with YES, the more dangerous extreme heat can be for your health.**
**Therefore, please refer to the guidelines for heat protection and seek medical help for any acute symptoms.**

## Eat healthily and consciously

In the summer heat, there are various ways to eat healthily and consciously, contributing to your well-being on hot days. Here is how you can support your body from within:

- As an adult, aim to drink about 2 litres of water throughout the day. If you engage in sports or perform physically demanding work, your body needs more fluids on hot days. Avoid consuming drinks that are **ice-cold.**
- Don not wait until you are thirsty to drink; instead, drink at **regular intervals**.
- Focus on drinking water, cool teas, or diluted juices. Non-alcoholic punches or cocktails, as well as smoothies, can provide a refreshing change. Avoid alcoholic, highly sugary, or caffeinated beverages as they can dehydrate the body.
- If you are sweating heavily, it is important to consume **mineral water** with high sodium content to replenish your mineral levels. You can also add a small pinch of salt to your beverages for this purpose.
- Pay special attention to ensuring that individuals at risk of heat-related issues drink **enough fluids**, as they may not realise they need to drink.



- Consume light, cool, and fresh foods. Have multiple small meals spread throughout the day.
- Opt for fruits such as berries, watermelons, apples, and pears, as well as vegetables like salads, tomatoes, and cucumbers, as they are better choices during hot periods compared to heavy, fatty, and protein-rich foods that can strain the circulatory system.
- Enjoy Mediterranean dishes, cold clear vegetable soups, ice lollies, as well as sweet cold fruit soups or cold buttermilk with fruits.
- Always carry enough drinks and some fruits and vegetables with you when you are on the go.

# Mannheim in the heat

**Escaping the heat – cool spots in Mannheim**

The densely built squares in Mannheim can get particularly hot on hot days. Therefore, it is important to cool down while walking through the city centre. There are many places where this is possible. A climate-controlled café or small restaurant with a shady courtyard, a bookstore with seating, the city library, or a retail store can provide cool spots that invite you to relax and unwind.

In addition, the substantial walls of large churches effectively insulate against the heat, keeping the interior pleasantly cool. For those interested in culture, Mannheim offers numerous museums or the Baroque Palace, which provide cool places to stay and explore. Within the city area, a shaded spot among greenery can be found at the Wasserturm under the arcades or in one of the large city parks, namely Luisenpark and Herzogenriedpark.

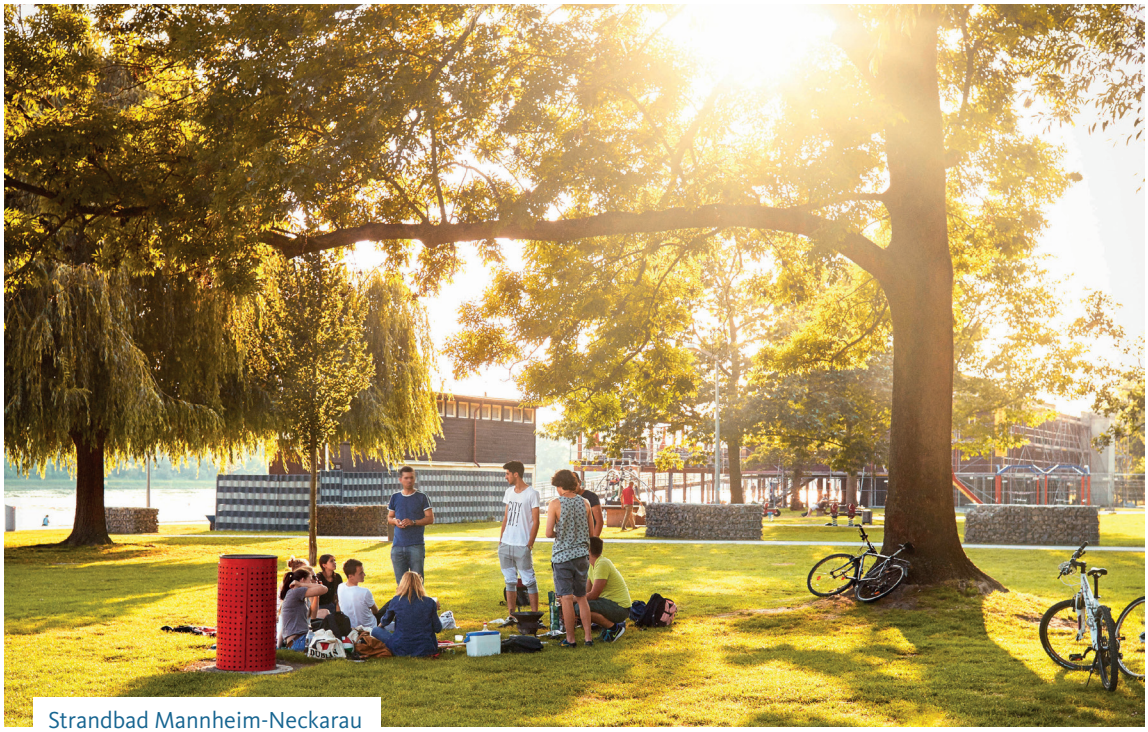
These green spaces offer diverse opportunities and calm oases for people of all ages. The city‘s main cemetery, located close to the city centre, also invites visitors to enjoy a cool and peaceful stroll with its shaded paths, alleys, and expansive green areas.



**Taking small breaks in green spaces and near water**

Generous nature reserves and protected landscapes, along with the rivers Rhine and Neckar, charmingly scattered green areas and parks, and spacious avenues, provide further diverse opportunities to enjoy the outdoors and to cool down in the city.

The Käfertaler and Rheinauer Wald, Stephanienufer with the adjacent Waldpark, and Reißinsel offer nature enthusiasts a shaded place amidst the natural surroundings, perfect for picnics, bike tours, or leisurely walks. Numerous outdoor swimming pools and lakes invite you to take a refreshing break from daily routines.



Strandbad Mannheim-Neckarau




Pop-up kiosk at the Rheinpromenade



Fountain at the Wasserturm



Cafe at Friedrichsplatz



Beach at Bonadieshafen

## Cool spots in Mannheim

Many residents of Mannheim have shared their favourite cool, shady, and green spots where they like to spend time on hot days. On the geodata portal of the city of Mannheim, you can find an overview map of cool outdoor retreats, green oases, and idyllic waterfront locations. This map aims to provide an overview of where citizens can find cooling and relaxation within the city area.

**To the geodata portal:**
www.gis-mannheim.de/mannheim/index.php?service=kuehle_orte

These locations are also available in the form of a city map, which can be obtained at various distribution points in Mannheim. For example, at the Citizens' Service Centre of the Technical City Hall and the Tourist Information Mannheim at the main train station. The map can also be downloaded on the website below.

**To the website of the city of Mannheim:**
www.mannheim.de/hitzeschutz

**Do you know any other cool places? Then please share these locations with us at klimaschutz@mannheim.de and we will include them in the digital city map.**

# Well-informed throughout the summer



**German Weather Service**

The German Weather Service issues warnings when the heat becomes a health threat. You can stay well-informed through the Health Weather App, Warnwetter App, or their website. You can also subscribe to their newsletter for updates.

**To the website of the German Weather Service:**
www.dwd.de/DE/service/newsletter/form/hitzewarnungen/hitzewarnungen_node.html

**You can also use the free alert apps NINA (many language options available) or KATWARN:** www.katwarn.de

# Stay cool and refreshed

**Stay hydrated on the go – use Refill**

Many cafés and shops in Mannheim participate in the „Refill“ initiative. There, you can refill your own water bottle with tap water for free. By doing so, you not only take care of your health and save money, but also contribute to reducing plastic waste. Stores with a Refill station can be identified by the Refill sticker.




For more information and a map of Refill stations in Mannheim, please visit: **www.refill-deutschland.de**

# Our drinking fountains in Mannheim

Since summer 2022, the city of Mannheim has been expanding its network of public drinking fountains in the city area. The water dispensers offer all citizens free refreshment with drinking water throughout the summer.

## Drinking fountains in the city centre

- Wasserturm (left and right of the Water tower)
- Paradeplatz (O1)
- Marktplatz (G1)
- Square in front of the Abendakademie (U1)
- „ALTER“ (Dammstraße)
- Alter Meßplatz
- Quartiersplatz Jungbusch (Hafenstraße 23)
- Mannheim Central Station (Willy-Brandt-Platz)
- Quartiersplatz (T4)
- Swanseaplatz (H6, expected opening date: summer 2027)

## Drinking fountains outside the city centre

- Spinelli-area: „Vernetzung“ playground
- Chisinauer Platz, Käfertal-Süd
- Käfertaler forest: Karlstern
- Käfertal waterworks
- Rheinau waterworks

**To the geodata portal of the city of Mannheim:**
www.gis-mannheim.de/mannheim/index.php?service=kuehle_orte



# Contact points in Mannheim

For further information on „heat protection“ during the summer, you can reach out to various contact points such as the Health Department, health insurance companies, or pharmacies in Mannheim. We have compiled the main contact points and their contact details for you on our website: **www.mannheim.de/hitzeschutz**

## In case of an emergency

**Central Emergency Department UMM**
Theodor-Kutzer-Ufer 1–3
68167 Mannheim
Phone: 0621 383-4472
E-Mail: zna-ze@umm.de

**Diako Mannheim**
Speyerer Str. 91-93
68167 Mannheim
Phone: 0621 8102-0

**Emergency Medical Service**
Theodor-Kutzer-Ufer 1–3
68167 Mannheim
Phone: 116 117

Publisher:

**City of Mannheim**

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Glücksteinallee 11
68163 Mannheim

Department of Youth Services and Health Office
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68161 Mannheim

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**You can also find tips and advice for the hot summer months in Mannheim on:**
**www.mannheim.de/hitzeschutz**