

# Summer 2025

## *Stay safe in the heat - 10 useful tips*

1. Avoid going out during the hottest hours: above all, protect children and the elderly by not letting them be directly exposed to the sun during the hottest hours of the day
2. Always protect yourself at home and in the workplace: the simplest measure is to screen windows with curtains that block the passage of light, but not that of air. The use of air conditioning is useful, however temperatures that are too low (i.e. more than 5° C [41° F] lower than outside) should be avoided. It is important to ensure that the filters are cleaned regularly
3. Drink at least one and a half litres of water a day: drinking plenty of water and eating fresh fruit are essential measures to counter the effects of heat. Limit consumption of sugary drinks, coffee and alcohol
4. Always follow a proper diet: remember to consume 5 portions of seasonal fruit and vegetables a day. Moderate the consumption of high-fat processed dishes and reduce condiments. Favour fresh, easily digestible foods full of water. Use salt sparingly and preferably the iodized variety
5. Pay attention to the correct storage of food: compliance with the cold chain is important for food safety
6. Wear clothing made from natural fibres or ones that guarantee breathability: outdoors, it is helpful to wear a light hat to protect your head from the sun. Always use sunglasses with UV filters as well as sunscreens before exposing yourself to the sun, and not only when you are on the beach. The same precautions should be followed by those who work outdoors
7. Protect yourself from heat on the road: If you are in a car, remember to ventilate the passenger compartment, avoiding the hottest hours of the day where possible and always keeping a supply of water on hand. Never leave babies or animals in the passenger compartment, not even for short periods
8. Practice physical exercise in the coolest hours of the day: in any case, if you do physical activity, remember to drink plenty of fluids and eat properly.
9. Offer assistance to those at the greatest risk, (such as the elderly who live alone, or people in difficulty) notify the health and social services of any situations that require their intervention
10. Always remember to protect pets too: give them plenty of water even when traveling and make stops in shady areas. As for dogs, avoid letting them out during the hottest hours of the day to prevent them from walking on hot asphalt

# Tobacco: Health benefits of smoking cessation

25 February 2020 | Questions and answers

## Are there immediate and long-term health benefits of quitting for all smokers?

Beneficial health changes that take place:

- Within 20 minutes, your heart rate and blood pressure drop.
- 12 hours, the carbon monoxide level in your blood drops to normal.
- 2-12 weeks, your circulation improves and your lung function increases.
- 1-9 months, coughing and shortness of breath decrease.
- 1 year, your risk of coronary heart disease is about half that of a smoker's.
- 5 years, your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- 10 years, your risk of lung cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
- 15 years, the risk of coronary heart disease is that of a nonsmoker's.

## Can people of all ages who have already developed smoking-related health problems still benefit from quitting?

Benefits in comparison with those who continued:

- At about 30: gain almost 10 years of life expectancy.
- At about 40: gain 9 years of life expectancy.
- At about 50: gain 6 years of life expectancy.
- At about 60: gain 3 years of life expectancy.
- After the onset of life-threatening disease: rapid benefit, people who quit smoking after having a heart attack reduce their chances of having another heart attack by 50%.

## How does quitting smoking affect children who are exposed to second-hand smoke?

Quitting smoking decreases the excess risk of many diseases related to second-hand smoke in children, such as respiratory diseases (e.g., asthma) and ear infections.

## Are there any other benefits to quitting smoking?

Quitting smoking reduces the chances of impotence, having difficulty getting pregnant, having premature births, babies with low birth weights and miscarriage.