Heat illness and hydration

Staying well in hot weather in Malta

Plan cooling, drinking and rest before the hottest part of the day. Do not wait until someone becomes very unwell.

Reduce heat exposure

- Use shade or a cool indoor space. Wear light clothing and plan strenuous activity for cooler times. Take regular cooling breaks.
- Drink regularly. If you have a fluid restriction or heart or kidney disease, ask for a personal hot-weather plan rather than increasing fluids without advice.
- Check on people who need help getting drinks or moving to a cooler room. Never leave a child or vulnerable person in a parked vehicle.

Recognise heat exhaustion

- Headache, thirst, heavy sweating, nausea, cramps, dizziness and weakness can occur.
- Move to a cool place, remove unnecessary clothing and cool the skin with water and fanning. Wrapped cold packs can help around the neck and armpits.
- If fully alert and swallowing safely, offer cool water or a rehydration drink. Stay with the person and monitor improvement.

Know when cooling is not enough

- Symptoms should begin improving within about 30 minutes. Seek emergency help if the person remains unwell despite cooling, or deteriorates sooner.
- Confusion, seizures or collapse can indicate heatstroke. Do not wait 30 minutes when these signs are present.

Suspected heatstroke: call 112

Call for emergency help and start cooling immediately. Heatstroke can occur even if the person is still sweating. Give nothing by mouth if drowsy or unable to swallow safely; follow the emergency dispatcher's instructions.

My hot-weather plan

Heat illness and hydration

Ask a pharmacist how to store medicines during hot weather.

Do not stop prescribed medicines yourself; ask whether your treatment needs a hot-weather or illness plan.

Cool place I can use

Drinks / fluid plan agreed with clinician

Work, exercise and rest arrangements

Who will check on me / whom I will check

Medicines or health conditions to discuss

Emergency contact

Questions or notes for my appointment

Sources and further reading

UKHSA: staying safe in hot weather
https://www.gov.uk/government/publications/beat-the-heat-resources-for-hot-weather/beat-the-heat-staying-safe-in-hot-weather

NHS: dehydration
https://www.nhs.uk/conditions/dehydration/

CDC: heat-related illnesses
https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

General information. Follow your individual clinical plan. Sources checked 31 October 2026; review due October 2027.