

DUTCH HEATWAVE SURVIVAL

NO AIR CONDITIONING?



BLOCK HEAT BY DAY • RELEASE IT AT NIGHT • WARNING SIGNS

01 / 15

HOKM

DO A 60-SECOND CHECK



1 Is anyone unwell?

Headache • dizziness • fatigue •
nausea • intense thirst



2 Who needs extra attention?

Age 75+ • babies •
chronic illness • medication



3 Can you release heat tonight?

Once cooler outside, can you
open windows safely?



4 Open the KNMI App

Check warnings and hittekracht



If unwell, move somewhere cool now.

DON'T PUSH THROUGH THESE SIGNS

1

STOP. MOVE
SOMEWHERE COOL



Headache



dizziness



fatigue



thirst



heavy
sweating



2

NO QUICK IMPROVEMENT?
GET HELP



Nausea



cramps



fast pulse



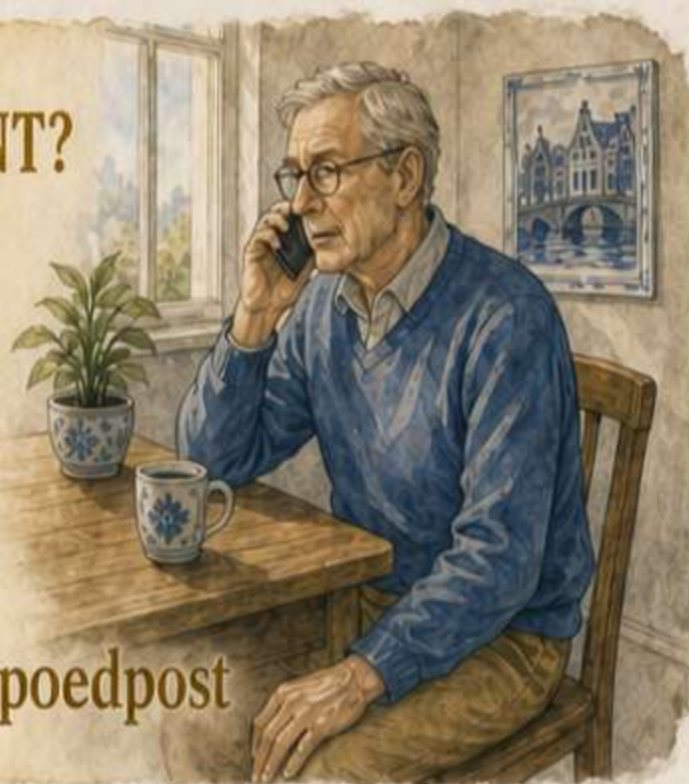
pale skin



near-fainting



Call huisarts / huisartsen-spoedpost



3

CALL 112 NOW



Confusion



poor
coordination



seizures



unconscious



repeated
vomiting



Or not awake 2 minutes after fainting



Do not give drinks if not fully alert.



CHECK BEFORE OPENING WINDOWS



OUTSIDE
HOTTER
THAN INSIDE

VS



OUTSIDE
COOLER
THAN INSIDE



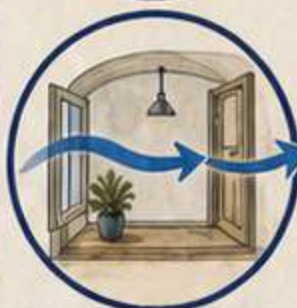
CLOSE LARGE
WINDOWS AND DOORS



OPEN OPPOSITE
WINDOWS AND DOORS



KEEP VENTILATION
SLOTS OPEN



CREATE A
CROSS-BREEZE ·
RELEASE HEAT



Don't guess by time. Compare temperatures.

BLOCK SUN BEFORE IT ENTERS



1 EXTERIOR SHADING WORKS BEST

Awning • roller shutter • exterior screen



2 NO EXTERIOR SHADING?

Close blinds or curtains



3 ACT BEFORE THE ROOM HEATS UP

Lower shading before sunlight reaches the glass



Every bit of heat blocked is less heat to remove.

A FAN COOLS PEOPLE, NOT ROOMS



DAY | HOTTER OUTSIDE



Close windows •
aim fan at people



Use a damp
cloth on neck
and limbs



NIGHT | COOLER OUTSIDE



Fan facing out
expels heat



Open another
window for
cool air



Sleep on low •
no strong airflow
at face



If unwell, do not rely on a fan alone.

COOL YOUR BODY FIRST



Stop heavy activity
• move to shade



Wear loose,
light clothing



Take a lukewarm-
cool shower
Or soak hands
and feet



Wipe neck and
limbs with
a damp cloth



Shopping and
physical activity
Before 12:00 •
after 18:00



Use damp cloths on people,
not around the room.

DON'T WAIT UNTIL YOU FEEL THIRSTY



Take regular small drinks



Water and tea are suitable



Alcohol is not hydration



Less or darker urine = pay attention



Heart failure · kidney disease · diuretics



Do not increase fluids on your own



Ask huisarts or apotheek



Never stop or change medication yourself.



TOO HOT AT HOME? MOVE PEOPLE

1 GO TO THE COOLEST ROOM



Leave an overheated attic



2 FIND A COOL PLACE NEARBY



Library • indoor shopping centre • shaded park

3 CHECK gemeente / GGD



Confirm opening hours



Bring water • medicines • charged phone



Older, ill and young people should not cope alone.

SLEEP BETTER ON A HOT NIGHT



DAY |
Shade bedroom
windows



DUSK |
Open only when
cooler outside



VS



NIGHT |
Cross-ventilate



TOO HOT |
Sleep downstairs
or in the coolest room



Light sheets •



water nearby •



fan on low



Open windows only with
burglary and child safety in mind.



CHECK ON PEOPLE AT HIGHER RISK

— ◆ AGE 75+ HAS THE HIGHEST RISK ◆ —

Babies • chronic illness • pregnancy • living alone



Make proactive contact

Check they can cool down • drink as advised

Watch alertness and urination



Questions about medication?

Ask an apotheek or huisarts



Never stop or change the dose yourself.

BABIES: NEVER DILUTE FORMULA



UNDER 6 MONTHS

Offer breast milk or correctly
mixed formula more often
No separate water • never
dilute formula



OLDER CHILDREN

Offer water regularly



CALL huisarts THE SAME DAY

Drinks less than half as usual
Or no urine / wet nappy
for 12 hours



CALL A DOCTOR NOW

Suspected dehydration under 3 months •
hard to wake • unusual response
LIFE-THREATENING: 112
Never leave a child alone
in a parked car.



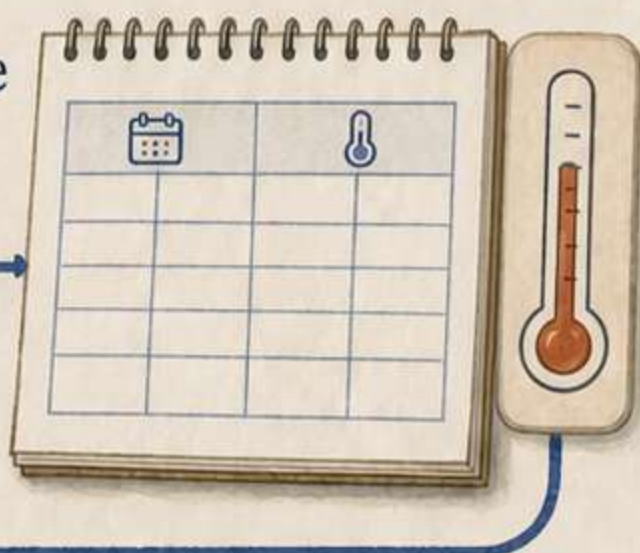
Children may not say
they are overheating.

RENTAL HOME OVERHEATING?

KEEP EVIDENCE

1

Record dates and indoor temperature



2

Photograph windows • roof • shading • home



3

Notify the landlord in writing

Keep the email or letter



4

Unresolved after 6 weeks?

Social and mid-market rent

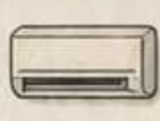
Free-sector rent



Check Huurcommissie
hittewoning / defects procedure



Check the tenancy •
opinion usually non-binding



Get permission before exterior shading • ventilation • AC



Persistent overheating may be a defect;
it does not automatically require the landlord to install AC.

SAVE THIS NO-AC HEAT PLAN



EARLY MORNING



Release heat while cooler outside



Lower shading before sunlight



MORNING



Once hotter outside



Close large windows and doors • keep ventilation slots open



12:00–18:00



Stay coolest • pause heavy activity • drink regularly



Check on older and younger family



EVENING TO NIGHT



Reopen only when cooler outside



Fan facing out • sleep in coolest room



Warning signs? Follow page 3 now.

CHECK OFFICIAL SOURCES FIRST



Weather alerts: knmi.nl / KNMI App



Heat and health: rivm.nl/hitte



Symptoms and help: thuisarts.nl



Local cool spaces: [gemeente](#) / GGD



Life-threatening emergency: **112**



WhatsApp +31 6 30 75 87 91



info@hokimi.com



Instagram [@hokimi_nl](#)



hokimi.com

Save this guide and share it with anyone needing extra care.

Information reviewed: 11 August 2026

