

two days. Level two (orange) means that the high temperatures are expected to be with us for three to four days, and at level three (red), the maximum temperatures will last for five days or longer.

Stay cool

High temperatures can severely strain the body, so it's best to restrict physical work or sports to the early morning or evening hours. And although diving into the water brings a longed-for cooling off, it's something you should think about first. This is especially important for people with circulation and heart problems. They should introduce themselves slowly into the water and not abruptly switch the body temperature from boiling hot to cold.

There have already been 57 drownings in the Canaries this year. In some cases, the deaths were due to careless behaviour during high waves and strong currents, but often the victims experience a cardiac breakdown or a heart attack in the water and drown. Chronically ill patients must be aware that some drugs have to be taken differently in the heat and you should discuss this with your

doctor prior to a holiday. When on the beach, it's important to protect the head and body with a parasol and hat. Always apply adequate sunscreen and avoid the midday heat.

Drinking a lot to provide the body with sufficient fluid is also important. Light food, plenty of fruit and fresh sal-

warm-blooded animals with a constant body temperature of around 37 degrees Celsius. If that temperature rises above 42 degrees, there is acute danger to life. To bring our temperature down, we sweat and the skin is cooled during the evaporation of that water, blood vessels widen,

sufficient liquids otherwise there is a risk of thrombosis because the body drains water from the blood in order to compensate for the loss. When choosing drinks, water is the best, diluted fruit juices or a light broth are also suitable. The drink shouldn't be too cold otherwise the body starts

the body without being cooled or heated. Sage tea is suitable, which can be sweetened with honey. Mint tea with a shot of lemon is refreshing or green or black tea.

If you stay too long in the sun, you risk injury from the heat, which manifests itself in headaches, an aching neck and

fainting, a fast pulse, nausea, headaches and fever. If it gets to this stage, there is a danger to life and the affected person must be placed in a stable position until an ambulance arrives. And don't forget, your eyes must also be protected by UV filter sunglasses. They react to too much sun with



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- ← **Children's sweating mechanism doesn't work so well**
- **Warm or hot drinks are a better choice**
- ↓ **Sangria at sundown**



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ads are another aid to relieve the body's system as it uses less energy digesting which helps to keep it cool. We are

hands and feet get warm and the head reddens. The loss of moisture due to sweating must be compensated with

a warming programme and sweats even more. In hot countries warm tea is often served as it can easily be absorbed by

vomiting. The next level, when the body is no longer able to cool itself, is a heatstroke. This occurs when the core body temperature is over 40 degrees Celsius and causes hot, dry skin, consciousness disorders,

eye irritation and increased tear flow.

When it becomes cooler in the early evening, it's the perfect time for a stroll or some moderate sporting activity. It isn't a good idea to swim in the sea as you won't be seen if there is an emergency. A glass or two of mojito or sangria can underline your summer mood, but too much alcohol isn't a great idea. ■

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