# UK Tourists Advised to Take Precautions Amid Extreme Heat in Southern Europe and Turkey



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Holidaymakers in the UK planning trips to Southern Europe and Turkey have been advised to take precautions due to forecasted extreme temperatures. The Andalusian cities of Cordoba and Seville in Spain are set to experience temperatures of up to 40°C on July 4, 2024. Similarly, Greece will see temperatures reaching 40°C, particularly between Trikala and Larissa, with most regions expecting mid-30s°C weather.

In Turkey, areas near Aksaray in the Central Anatolia region, and Kastamonu in the north, are also bracing for 40°C temperatures by July 8, 2024. The region of Gaziantep could face temperatures as high as 42°C, soaring to 44°C between Kahramanmaraş and Adıyaman.

Climate and first aid product manager at the British Red Cross, William Spencer, emphasized the health risks associated with such high temperatures. He advised travelers to be aware of symptoms of heat exhaustion and heatstroke, avoid mid-day outdoor activities, wear sunscreen, drink plenty of water, and minimize alcohol intake. Spencer also recommended keeping accommodations cool by closing blinds and windows during the hottest parts of the day.

Additionally, the UK Health Security Agency has issued yellow heat health alerts across most of England, with temperatures having reached 30.3°C at Heathrow on June 26, 2024. Experts explain that while electric fans may circulate air, they do not lower room temperature, and relying on them can lead to neglecting proper hydration or more effective cooling methods. Tips for keeping homes cool include closing windows and blinds during the day and utilizing cross-ventilation at night.

For those looking for long-term solutions, energy-efficient windows and air conditioning systems are suggested despite their higher costs.

The Government underscores that climate change is causing warmer temperatures in the UK, with predictions that heat-related deaths could triple by 2050 if preventive measures are not taken.

This guidance aims to help travelers mitigate health risks during their summer travels amid rising temperatures.