# Warning for UK Tourists in Spain and Turkey as Extreme Heat Hits Europe



### Warning Issued for UK Tourists in Spain and Turkey Amid Extreme Heat

Tourists traveling to Spain, Greece, and Turkey this summer are advised to take precautionary measures due to predicted extreme heat.

**Spain**: The Andalusian cities of Cordoba and Seville are expected to see temperatures rise to 40°C on July 4.

**Greece**: Between Trikala and Larissa, temperatures are forecasted to hit 40°C, with the rest of the country experiencing mid-30s.

**Turkey**: Areas near Aksaray in Central Anatolia and the northern city of Kastamonu could see temperatures reach 40°C on July 8. The Gaziantep region may experience 42°C, with temperatures soaring to 44°C between Kahramanmaraş and Adıyaman.

William Spencer, Climate and First Aid Product Manager at the British Red Cross, highlighted the risks posed by heatwaves and provided tips such as avoiding peak sun hours, staying hydrated, and keeping accommodations cool.

**UK**: Experts also advise against relying on electric fans, as they circulate hot air rather than cooling the room. The UK Health Security Agency (UKHSA) has issued yellow heat health alerts due to ongoing high temperatures, with a recent peak of 30.3°C recorded at Heathrow.

*Key Tips for Managing Extreme Heat*: - Avoid outdoor activities during the hottest part of the day - Use sunscreen and drink plenty of water - Keep windows and blinds closed during peak heat times - Gradually lower indoor temperatures with air conditioning or ventilation

These measures aim to help travelers and residents manage health risks associated with extreme heat.