



GENOESE METROPOLITAN AREA HOSPITALS

GENOESE ASL3 HOSPITAL UNIT

Villa Scassi Hospital, Corso Scassi 1
P.A. Micone Hospital, p.za Nevio Rosso 2
Gallino Hospital, via O. Gallino 5
La Calletta Hospital, via Giappone 5
Arenzano (GE)

Switchboard
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OSPEDALE POLICLINICO SAN MARTINO

Largo Rosanna Benzi 10
Tel. +39 010 5551

E.O. GALLIERA HOSPITAL

Mura delle Cappuccine 14
Tel. +39 010 56321

EVANGELICAL HOSPITAL

Castelletto: Corso Solferino 1A - Genova
Voltri: Piazzale Gianasso 4 - Genova
Tel. +39 010 55221

IRCCS GASLINI (PEDIATRIC HOSPITAL)

Via Gerolamo Gaslini 5
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SAFE SUMMER

HEALTH INFORMATION FOR TOURISTS DURING HEAT WAVES

USEFUL ADVICE FOR THE HEAT



OPEN AIR

- Avoid going outside and limit physical activity during the hottest hours of the day, between 11 a.m and 6 p.m.
- If you spend a lot of time outdoors make regular breaks in cooler places and drink properly.
- If you do physical activity, program it in the early morning or after sunset.
- For children it is recommended not to expose them or get them to play outside during the hottest hours; always protect their skin with high protection solar products and make them drink often (preferably water).



AT HOME
OR IN CLOSED
ENVIRONMENTS

- Prevent the entry of sun rays with curtains on the windows, shutters, venetian and inside shutters and controlling the temperature of the rooms.
- Choose the night and the early hours of the morning to refresh the rooms of the house; keep windows closed during the day.
- If possible, use the air conditioning systems to improve the climate of environments, however, paying attention to temperature changes in moving from a warmer environment to a cooler one.
- Set the temperature of air conditioners between 24 and 26 degrees Celsius.
- Do not point the fans directly on persons but set them to whirl the air.



CLOTHING

- Wear light and comfortable clothing. Light-coloured clothing made of cotton or linen would be ideal, avoid synthetic fabrics.
- When outdoor, wear a hat and sunglasses, and use appropriate sunscreen.



FOOD

- Prepare light meals with little seasoning, eat fish and plenty of fresh fruits and vegetables.
- Avoid heavy meals; give priority to small snacks repeatedly.



HYDRATION

- Drink at least 2 liters of water per day (10 glasses), unless your doctor decides otherwise.
- Avoid alcohol and limit fizzy or sugary drinks.



IN THE CAR

- Ventilate the car before you leave if you left it in the sun.
- If the car does not have air conditioning, avoid traveling during the hottest hours of the day.
- Do not leave persons or animals, even for short periods, in the car parked in the sun.