

HEAT ACTION DAY



2025 PROJECT BOOK

BAHRAIN



**A FIELD AWARENESS VISIT TARGETING WORKERS AT VARIOUS JOB SITES TO RAISE AWARENESS ABOUT THE RISKS OF HEAT STRESS AND SUNSTROKE, ESPECIALLY DURING THE SUMMER MONTHS WHEN TEMPERATURES RISE SIGNIFICANTLY. THE VISIT INCLUDED OFFERING EACH WORKER A SMALL GIFT ALONG WITH A HEALTHY LIGHT MEAL AND EXPLANATIONS ABOUT KEY PREVENTIVE MEASURES SUCH AS DRINKING PLENTY OF WATER, TAKING REGULAR BREAKS IN SHADED AREAS, AND WEARING LIGHT-COLORED, BREATHABLE CLOTHING.
SUBMITTED BY BAHRAIN RED CRESCENT.**

BANGLADESH



**Cities are Burning:
How to Mitigate the
Urban Heat Island Effect**

BLOG POST
by Mirjam Grünholz
and Kamalendu Das



SUBMITTED BY SWISS RED CROSS BANGLADESH.

BANGLADESH

HEAT STROKE

Use a fan to lower temperature

Elevate feet

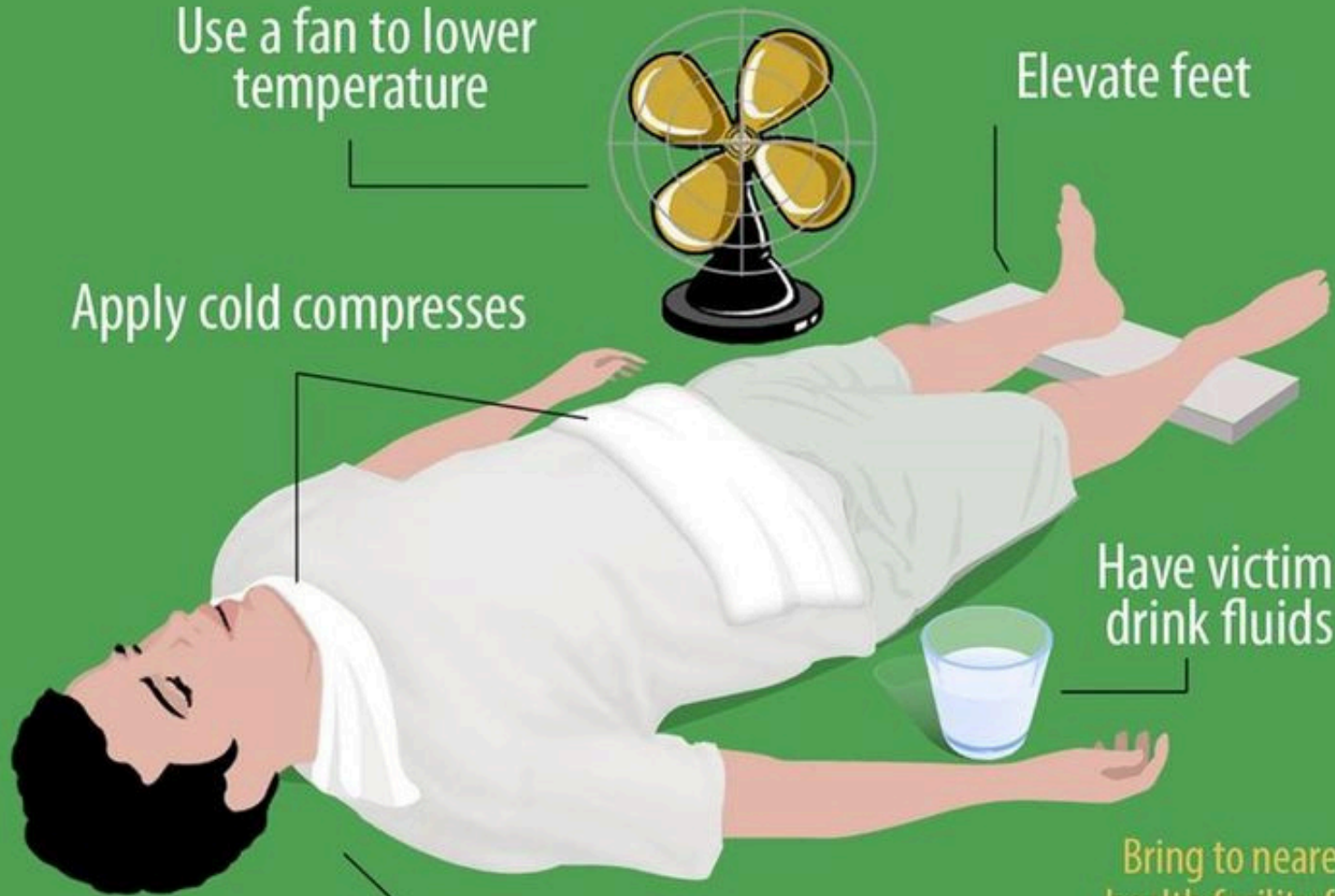
Apply cold compresses

Have victim drink fluids

Have victim lie down

Bring to nearest health facility for further management

**POST ON SOCIAL
MEDIA SITES X AND
LINKEDIN.
STAY HYDRATED
AND AVOID
HEATSTROKE
#FIRSTAID
#BEATTHEHEAT
SUBMITTED BY
BANGLADESH RED
CRESCENT.**



BANGLADESH



AWARENESS SESSIONS FOR SCHOOL STUDENTS ABOUT HEAT RISKS AND SAFETY; DISTRIBUTION OF ESSENTIAL KITS AND UMBRELLAS AMONG LOCAL COMMUNITIES; LEAFLET DISTRIBUTION TO RAISE PUBLIC AWARENESS; ORAL SALINE DISTRIBUTION AMONG PEDESTRIANS DURING EXTREME HEAT. SUBMITTED BY BANGLADESH RED CRESCENT.

BURKINA FASO



160 VOLUNTEERS FROM THE BURKINABE RED CROSS HAVE BEEN RAISING AWARENESS ABOUT THE IMPACTS OF HEAT AND PROTECTIVE MEASURES. THIS AWARENESS CAMPAIGN IS AIMED AT PEOPLE AT RISK FROM THE EFFECTS OF THE HEAT WAVE. IT IS CARRIED OUT THROUGH HOME VISITS AND VISITS TO SITES WHERE HIGH-RISK ACTIVITIES ARE TAKING PLACE. SUBMITTED BY BURKINABE RED CROSS/SOUBEIGA TEDWENDÉ SERGE PACÔME (ANCIEN CHERCHEUR JUNIOR EN SANTÉ AU CLIMATE CENTRE DANS LE CADRE DU PROJET OUAGA2COOL).

CLIMATE CENTRAL

CLIMATE  CENTRAL

Too Hot to Ignore: Reporting on Heat Waves and Their Growing Impacts in a Warming World

Join climate scientists + health experts ahead of Global Heat Action Day 2025 to explore rising extreme heat, the climate change connection, and new data on climate-driven heat from the past year.



Kristina Dahl
Climate Central



Mariam Zachariah
World Weather
Attribution



Lisa Patel
Medical Society
Consortium on Climate
and Health



Karina Izquierdo
Red Cross Red
Crescent Climate
Centre



**Bernadette Woods
Placky**
Climate Central



May 29, 2025



10am EST / 4pm CEST



Online



Registration is open

SUBMITTED BY CLIMATE CENTRAL.

COLOMBIA



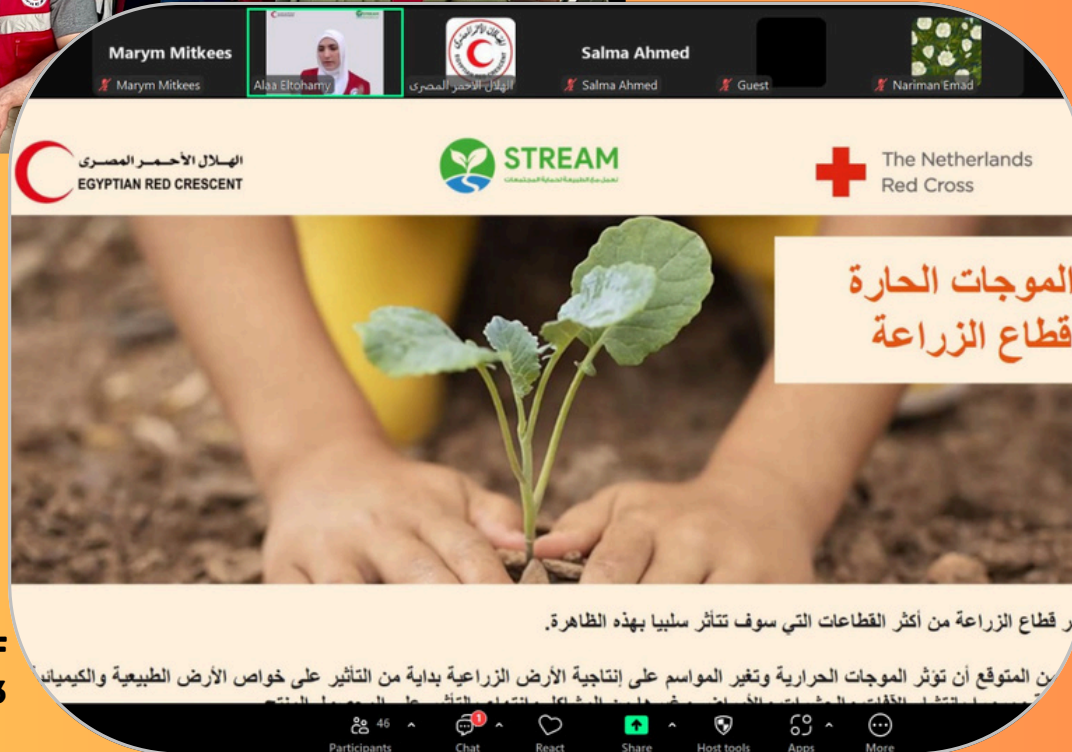
TEMPERATURAS MÁXIMAS EN COLOMBIA

un reto en la gestión de riesgo de desastres.



THE COLOMBIAN RED CROSS DEVELOPED A HYBRID DISCUSSION THAT AIMED TO GENERATE A SPACE FOR TECHNICAL AND PROSPECTIVE DIALOGUE TO CONTRAST APPROACHES, CONCEPTS AND MONITORING DYNAMICS RELATED TO EXTREME TEMPERATURES AND HEAT WAVES, THEIR UNDERSTANDING IN THE COLOMBIAN CONTEXT, THEIR MONITORING SYSTEMS AND THE IMPACTS THAT THESE PHENOMENA CAN HAVE ON WATER RESOURCES AND ON THE HEALTH OF THE POPULATION. SUBMITTED BY COLOMBIAN RED CROSS.

EGYPT



EGYPTIAN RED CRESCENT, THROUGH THE STREAM PROJECT, ORGANIZED AN AWARENESS SESSION FOR THE COMMUNITY OF EL SHOQR VILLAGE IN BENI SUEF GOVERNORATE, REACHING 23 BENEFICIARIES. ALSO, AN ONLINE AWARENESS SESSION FOR ERC VOLUNTEERS ON HEAT WAVES WAS HELD. SUBMITTED BY EGYPTIAN RED CRESCENT.

EUROPE



Cities Refresh Campaign

Guidelines to Promote Campaign

Campaign Objectives

The increasing number of heat waves pose an existential threat to communities worldwide. Last year, global temperatures reached record highs¹. In Europe, heat represents the leading cause of climate-related deaths, claiming around 48 000 lives in 2023². As the fastest-heating continent³, Europe's liveability is at risk.

The [Cities Hit Refresh](#) Campaign aims to empower and inspire cities and towns to **HIT REFRESH** to:

- **RESTORE health**, creating safer, more liveable environments for everyone.
- **RENEW urban design**, crafting versatile spaces that adapt to a hotter future.
- **REBUILD communities**, fostering inclusivity, cohesion, and strong social ties.
- **REVIVE local economies**, boosting its appeal as a vibrant and safe place to live, work and visit.

The campaign will do so by **promoting the wide range of solutions** available to local governments, through **inspiring examples** accompanied by **compelling stories and images**.

The solutions promoted by the campaign span across:



NATURE



DESIGN



GOVERNANCE



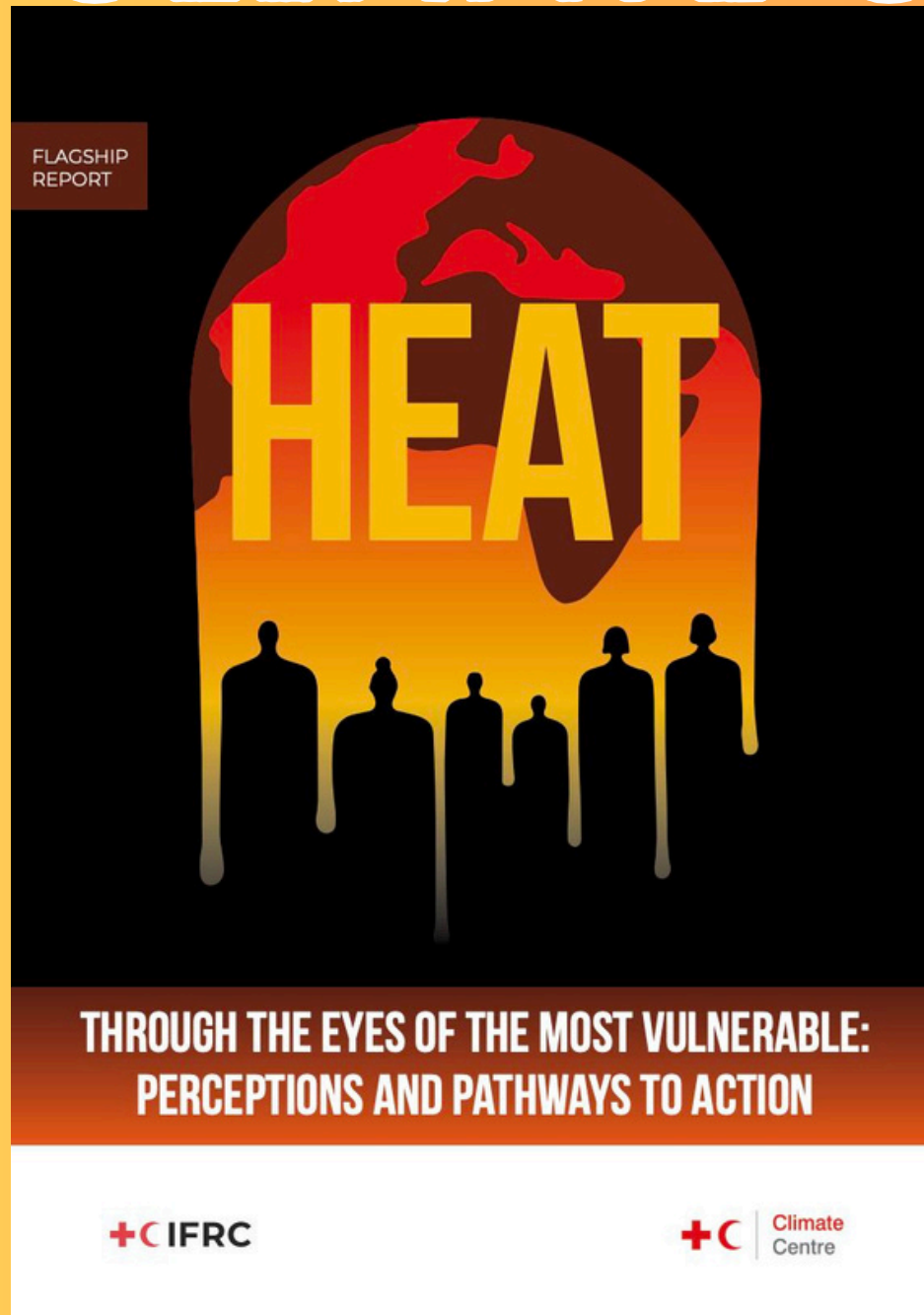
COMMUNITY

- **NATURE** keeping it fresh with green spaces, shaded corridors, and water features.
- **SMART URBAN DESIGN** promoting heat-resilient infrastructure and urban planning.
- **GOOD GOVERNANCE** leading with proactive policies and digital systems.
- **COMMUNITY** fostering social cohesion and resilience through local initiatives.

THE CITIES HIT REFRESH CAMPAIGN AIMS TO EMPOWER AND INSPIRE CITIES AND TOWNS TO HIT REFRESH TO:

- **RESTORE HEALTH, CREATING SAFER, MORE LIVEABLE ENVIRONMENTS FOR EVERYONE**
 - **RENEW URBAN DESIGN, CRAFTING VERSATILE SPACES THAT ADAPT TO A HOTTER FUTURE**
 - **REBUILD COMMUNITIES, FOSTERING INCLUSIVITY, COHESION, AND STRONG SOCIAL TIES**
 - **REVIVE LOCAL ECONOMIES, BOOSTING CITIES' APPEAL AS VIBRANT AND SAFE PLACES TO LIVE, WORK AND VISIT**
- SUBMITTED BY EU COVENANT OF MAYORS.**

IFRC/CLIMATE CENTRE



**LAUNCHING OUR NEW HEAT FLAGSHIP REPORT ON HEAT ACTION DAY.
SUBMITTED BY RED CROSS RED CRESCENT CLIMATE CENTRE/IFRC.**

INDIA



AWARENESS ABOUT HEAT EXHAUSTION, HEAT STROKE AND PREVENTION, AT MULTIPURPOSE HEALTH WORKER FEMALE TRAINING SCHOOL (M.P.H.W) IN BATHINDA, PUNJAB COUNTRY, INDIA. SUBMITTED BY DR. MANPINDER MANN.

INDIA



#ChuruHeatActionPlan

Launch of **Churu Heat Action Plan**



ON MAY 21, 2025, THE CHURU DISTRICT COLLECTOR OFFICIALLY LAUNCHED THE CITY'S FIRST-EVER HEAT ACTION PLAN (HAP)- A LANDMARK STEP TO SAFEGUARD CITIZENS FROM RISING TEMPERATURES. SUBMITTED BY MAHILA HOUSING TRUST, AHMEDABAD, INDIA.

INDIA

Heat Action Day 2nd June

Heat Action Day is celebrated
annually on June 2nd 2025
by
Indian Red Cross Society
West Bengal State Branch
Kolkata

*"...to raise awareness about the
risks of extreme heat and to
encourage people to take steps
to protect themselves and their
communities"*



2025 Theme:

Recognizing and responding to heat stroke

#BeatTheHeat



+C IFRC



INDIA



SEEDS DISTRIBUTED HEATWAVE KITS CONSISTING OF A TOWEL, WATER BOTTLE, UMBRELLA AND CAUTIONARY NOTES IN HINDI IN BHOPAL, CENTRAL INDIA, DURING ITS #UNDERTHEUMBRELLA CAMPAIGN. APPROXIMATELY 500 PEOPLE LIVING IN HEAT-VULNERABLE AREAS WERE PROVIDED WITH THESE KITS. THE PRESENCE OF CHIEF MEDICAL AND HEALTH OFFICER DR. PRABHAKAR TIWARI AND CLIMATE OFFICER DR. KAMINI MAHAL GRACED THE EVENT. THE INTERVENTION AIMED TO EXTEND ASSISTANCE TO THOSE WHO ARE EXPOSED TO SUNLIGHT DURING PEAK HEAT HOURS FOR A PROLONGED PERIOD OF TIME, DUE TO THEIR WORK SCHEDULES AND TYPE OF JOBS, SUCH AS LABORERS, MIGRANT WORKERS, CARPENTERS, ETC. SUBMITTED BY SEEDS.

INDIA



**HEAT ACTION DAY ACTIVITIES IN DAKSHIN DINAJPUR DISTRICT BRANCH & KANDI SUB DIVISION BRANCH, MURSHIDABAD.
SUBMITTED BY INDIAN RED CROSS.**

INDONESIA

Siapa Yang Berisiko Saat Cuaca Panas Ekstrem ?

TUNA WISMA, MIGRAN & PENGUNGSI

PEKERJA BANGUNAN

PECEL LELE

PEKERJA LUAR RUANG

PEDAGANG KAKI LIMA

POLANTAS

KURIR

PERUBAHAN IKLIM

ADA RENOVASI



SUBMITTED BY PMI INDONESIA.

IRAN



EDUCATIONAL WORKSHOPS LED BY RED CRESCENT TRAINERS AND VOLUNTEERS, FOCUSING ON PREVENTION AND FIRST RESPONSE TO HEAT-RELATED ILLNESSES. OUTREACH STATIONS IN URBAN PUBLIC AREAS TO PROVIDE COOLING RELIEF AND DELIVER PUBLIC MESSAGING ABOUT HEAT SAFETY PRACTICES. FIELD-BASED AWARENESS ACTIVITIES IN UNDERSERVED AND REMOTE REGIONS, INCLUDING RURAL AND NOMADIC COMMUNITIES, WITH A FOCUS ON PRACTICAL, LOW-RESOURCE COPING STRATEGIES. CREATIVE CHILD-FOCUSED SESSIONS THROUGH DRAWING, STORYTELLING, AND DEMONSTRATIONS TO PROMOTE AWARENESS ABOUT STAYING COOL AND SAFE IN SUMMER HEAT. ENGAGING LOCAL SERVICE INSTITUTIONS, INCLUDING MUNICIPALITIES AND POWER DEPARTMENTS, ON-SITE TRAINING SESSIONS TO PROMOTE HEAT SAFETY IN THE WORKPLACE. SUBMITTED BY IRANIAN RED CRESCENT.

IRAN



IN-PERSON EDUCATIONAL WORKSHOPS:

NUMEROUS SESSIONS WERE HELD TO INCREASE PUBLIC AWARENESS ON THE PREVENTION AND EARLY RESPONSE TO HEAT-RELATED ILLNESSES, ESPECIALLY HEATSTROKE. THESE SESSIONS TARGETED HIGH-RISK GROUPS SUCH AS THE ELDERLY, CHILDREN, WOMEN, AND RED CRESCENT VOLUNTEERS AND RESPONDERS. SUBMITTED BY IRANIAN RED CRESCENT.

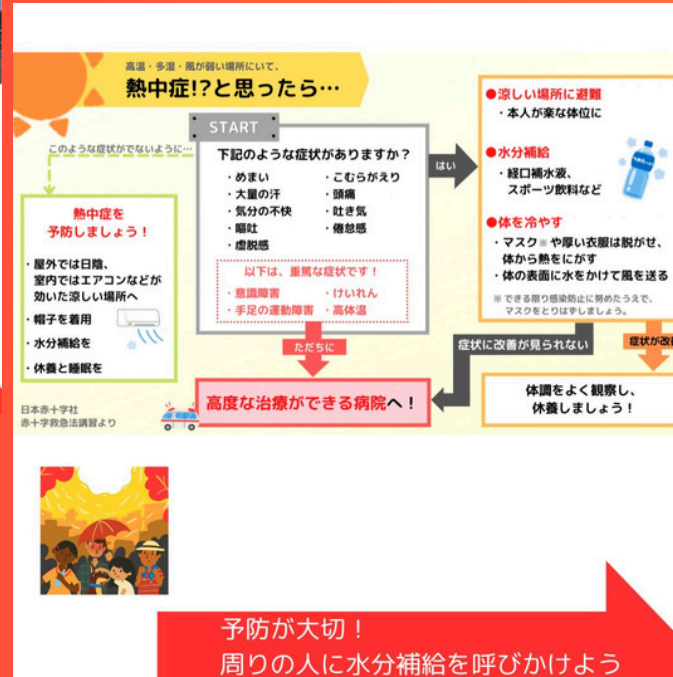
JAPAN



6/2は ヒート・アクション・デー

命を脅かす危険性のある極端な暑さから
人々の命と健康を守るために。

熱中症かも？何ができる？



SNSキャンペーンに参加して
熱中症予防の輪を広げよう！

- ①水分補給を呼びかける投稿
- ②飲み物を持って写真をアップ
- ③#HeatActionDay2025 のハッシュタグ



IN JAPAN, JRCS SPREAD THE IMPORTANCE OF THE PREVENTION OF HEAT-RELATED ILLNESSES THROUGH SOCIAL MEDIA AND ENCOURAGED COLLEAGUES AND NATIONAL SOCIETY YOUTH VOLUNTEERS TO UPLOAD MESSAGES ABOUT HAD. SUBMITTED BY JAPANESE RED CROSS.

KYRGYSTAN



CHILD-CENTERED INTERACTIVE ACTIVITIES WITH CARTOON HEROES AND ANIMATORS WERE HELD AS PART OF RCSK'S SUMMER AWARENESS CAMPAIGN. THESE INCLUDED EDUCATIONAL GAMES, STORYTELLING, AND CREATIVE ACTIVITIES DESIGNED TO HELP YOUNG PEOPLE UNDERSTAND THE RISKS OF HEAT, THE VALUE OF HYDRATION, AND THE NEED TO STAY IN THE SHADE DURING PEAK TEMPERATURES. SUBMITTED BY RED CRESCENT SOCIETY OF KYRGYZSTAN.

LEBANON



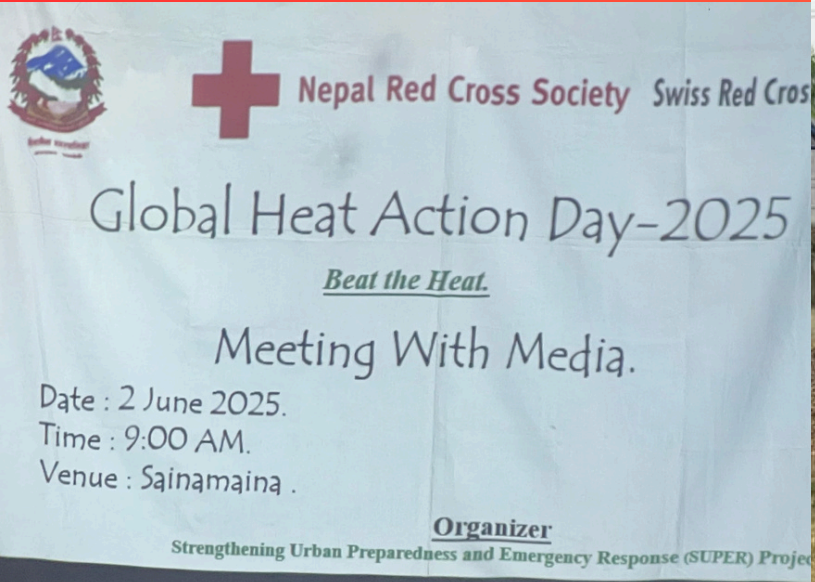
LRC'S ACTIVITIES INCLUDED: MR. KASSEM CHAALAN, DIRECTOR OF DRR AT LRC, JOINED LBCI MORNING TALK TO HIGHLIGHT EXTREME HEAT RISKS AND YOUTH-LED CLIMATE ACTION; PLANTING PROJECTS; COOLING CENTERS; INTERACTIVE GAMES; MOBILE CLINICS; AND BEIRUT'S WELL-KNOWN RAOUCHE ROCK WAS ILLUMINATED IN ORANGE, SYMBOLIZING SOLIDARITY WITH VULNERABLE COMMUNITIES FACING RISING HEAT RISKS, SUPPORTED BY NATIONAL AUTHORITIES, MEDIA, AND PUBLIC OUTREACH. SUBMITTED BY LEBANESE RED CROSS.

MADAGASCAR



11 YOUNG GREEN AMBASSADORS FROM YMCA ANT SIRABE COLLECTED 7,700 CIGARETTE BUTTS IN JUST ONE HOUR AROUND ANT SIRABE'S TRAIN STATION, REVEALING THE EXTENT OF URBAN POLLUTION AND THE URGENT NEED FOR ACTION. THE YOUTH LEADERS DEVELOPED AND IMPLEMENTED SUSTAINABLE SOLUTIONS SUCH AS INSTALLING PUBLIC ASHTRAYS, LAUNCHING AWARENESS CAMPAIGNS, AND RECYCLING CIGARETTE WASTE. SUBMITTED BY YMCA ANT SIRABE, MADAGASCAR.

NEPAL



COORDINATION MEETING WITH MEDIA AND COMMUNITY EVENT, SUBMITTED BY NEPAL RED CROSS.

NEPAL



**DRAWINGS OF THE PARTICIPANTS OF THE DRAWING COMPETITION AT
SAINAMAINA MUNICIPALITY, RUPABDEHI, NEPAL.
SUBMITTED BY NEPAL RED CROSS.**

THE NETHERLANDS



Climate Centre @RCClimate • 14 s
Another #heatactionday kicks off in the city of Rotterdam. An exciting full day of events awaits us, with lots of discussions how to reduce the risks of heat. Our heat expert Carolina Pereira explains why we have a international heat action day #beattheheat @RodeKruis @ rotterdam



ACTIONDAY



Rotterdam

Van een HitteRun tot het verlichten van iconische gebouwen

Rondom Heat Action Day organiseren verschillende organisaties in de stad activiteiten. Denk aan een HitteRun langs een route met schaduwplekken in de stad. En Rotterdamse iconen zoals de Erasmusbrug en het Maritiem Museum kleuren oranje: de wereldwijde kleur van Heat Action Day.

Benieuwd wat er nog meer te doen is? Check het programma!

HAD ACTIVITIES IN ROTTERDAM: CREATION OF A HEAT LAB, ERASMUS BRIDGE LIT ORANGE, AND HEAT RUN FLYER. SUBMITTED BY ROTTERDAMS WEERWOORD, GGD ROTTERDAM-RIJNMOND, GEMEENTE ROTTERDAM, ERASMUSMC, ERASMUS UNIVERSITY ROTTERDAM, ROTTERDAM UNIVERSITY OF APPLIED SCIENCES, DELFT UNIVERSITY OF TECHNOLOGY, @RESILIENTDELTA.

THE NETHERLANDS

HEAT ACTION DAY 2 JUNI 2025

Doe mee met een van
de vele hitte-acties



AMSTERDAM



📍 Amsterdam

Koele woningen in Amsterdam (Nieuw-)West

In de Kinkerbuurt en Geuzenveld gaan teams van collega's en vrijwilligers de wijk in om bewoners te helpen hun huis koel te houden. Met ventilators,

#HEATACTIONDAY

NISSEWAARD



📍 Nissewaard

Heat Action Month in Nissewaard

Ontdek wat je zelf kunt doen tegen hitte op een leuke en leerzame manier! Brei je eigen koelvest, snuffel rond op de zaadjesmarkt of vaar mee met de fluisterboot. De hele maand juni zijn er op verschillende locaties in Nissewaard leuke acties!

[Bekijk het volledige programma](#)



ONLINE



📍 Online webinar

Hoe houden we onze gebouwen en steden koel?

Een webinar over hoe we onze leefomgeving kunnen aanpassen om beter bestand te zijn tegen de toenemende hitte en behoefte aan verkoeling?

ACTIVITIES FOR HAD, ALL OVER THE NETHERLANDS! SUBMITTED BY ROTTERDAMS WEERWOORD, GGD ROTTERDAM-RIJNSMOND, GEMEENTE ROTTERDAM, ERASMUSMC, ERASMUS UNIVERSITY ROTTERDAM, ROTTERDAM UNIVERSITY OF APPLIED SCIENCES, DELFT UNIVERSITY OF TECHNOLOGY, @RESILIENTDELTA.

THE NETHERLANDS



NEW HEAT APPROACH 2025 IN ROTTERDAM. SUBMITTED BY

ROTTERDAMS WEERWOORD, GGD ROTTERDAM-RIJNMOND, GEMEENTE ROTTERDAM, ERASMUSMC, ERASMUS UNIVERSITY ROTTERDAM , ROTTERDAM UNIVERSITY OF APPLIED SCIENCES , DELFT UNIVERSITY OF TECHNOLOGY, @RESILIENTDELTA.

PAKISTAN



COMMUNITY DEVELOPMENT FOUNDATION CDF, A PAKISTAN-BASED NGO, HAS STARTED WORKING ON HEATWAVES. COMMUNITY VOLUNTEERS AND HEALTH WORKER TRAININGS HAVE BEEN CONDUCTED AND EARLY WARNING SYSTEMS AND HEAT STABILIZATION CENTRES ESTABLISHED. SUBMITTED BY COMMUNITY DEVELOPMENT FOUNDATION CDF, JACOBABAD SINDH, PAKISTAN.

PAKISTAN



#BEATINGTHEHEATTOGETHER! AGAHE CELEBRATED INTERNATIONAL HEAT ACTION DAY UNDER THE RSS & CR PROJECT, FUNDED BY PPAF AND IMPLEMENTED BY AGAHE IN THE DISTRICTS OF KASUR AND OKARA OF PUNJAB, PAKISTAN, TO TAKE ACTION AGAINST HEAT STRESS. PARTICIPANTS IN BOTH DISTRICTS PLEDGED TO CARE FOR PLANTS AND SPREAD THE MESSAGE OF GREENING THEIR NEIGHBORHOODS! AT THE EVENT, 100 INDIGENOUS TREES WERE PLANTED BY PARTICIPANTS, AND AN AWARENESS SESSION ON THE IMPACT OF CLIMATE CHANGE AND THE EFFECTS OF HEAT ON EARTH WAS SHARED WITH THE PARTICIPANTS AND STUDENTS. THE ROLE OF STUDENTS IS SEEN AS THAT OF CHANGEMAKERS. THEREFORE, EVERY PLANT WAS NAMED AFTER A STUDENT TO CREATE A SENSE OF OWNERSHIP. #BEATTHEHEAT #HEATACTIONDAY #SUSTAINABILITY #COMMUNITYFIRST#AGAHE #CLIMATECHANGE #PPAF. SUBMITTED BY AGAHE (ASSOCIATION FOR GENDER AWARENESS AND HUMAN EMPOWERMENT).

PAKISTAN



VOLUNTEERS ENGAGED HUNDREDS OF STUDENTS AND FACULTY MEMBERS, SHARING LIFE-SAVING INFORMATION ABOUT THE DANGERS OF EXTREME HEAT, HOW TO RECOGNIZE EARLY SIGNS OF HEAT EXHAUSTION AND HEATSTROKE, AND WHAT ACTIONS TO TAKE. IEC MATERIALS WITH KEY MESSAGES WERE DISTRIBUTED TO RAISE AWARENESS AND PROMOTE PROTECTIVE BEHAVIORS. SUBMITTED BY PAKISTAN RED CRESCENT, MERGED AREAS BRANCH (PESHAWAR).

PHILIPPINES

Philippine Red Cross's Post

🏠 Keep it cool indoors
👵 Check on elderly neighbors
🐕 Never leave pets or kids in parked cars

Together, we can [#BeatTheHeat](#). 🔥
[#AlwaysFirstAlwaysReadyAlwaysThere](#) [#PRCCares](#)

WHAT IS EXTREME HEAT?

Extreme heat is a risk to human health and well-being. It can lead to people getting dehydrated, developing heat illnesses, and worsening of chronic cardiovascular and respiratory diseases.



PEOPLE WHO ARE MOST VULNERABLE TO HEAT



Older people
Pregnant and lactating women
People with pre-existing medical conditions
People working outside
Infants



HOW TO RECOGNIZE THE SIGNS OF HEAT EXHAUSTION



excessive sweating
rapid, weak pulse
fainting or dizziness



cool, pale and clammy skin
muscle cramps

WHAT TO DO:

- Get to a cooler place.
- Drink water if fully conscious.
- Take a cool shower or use cold compresses.



HOW TO RECOGNIZE THE SIGNS OF HEAT STROKE



may lose consciousness
may show signs of confusion
throbbing headache
red, hot and dry skin



rapid, strong pulse
high body temperature

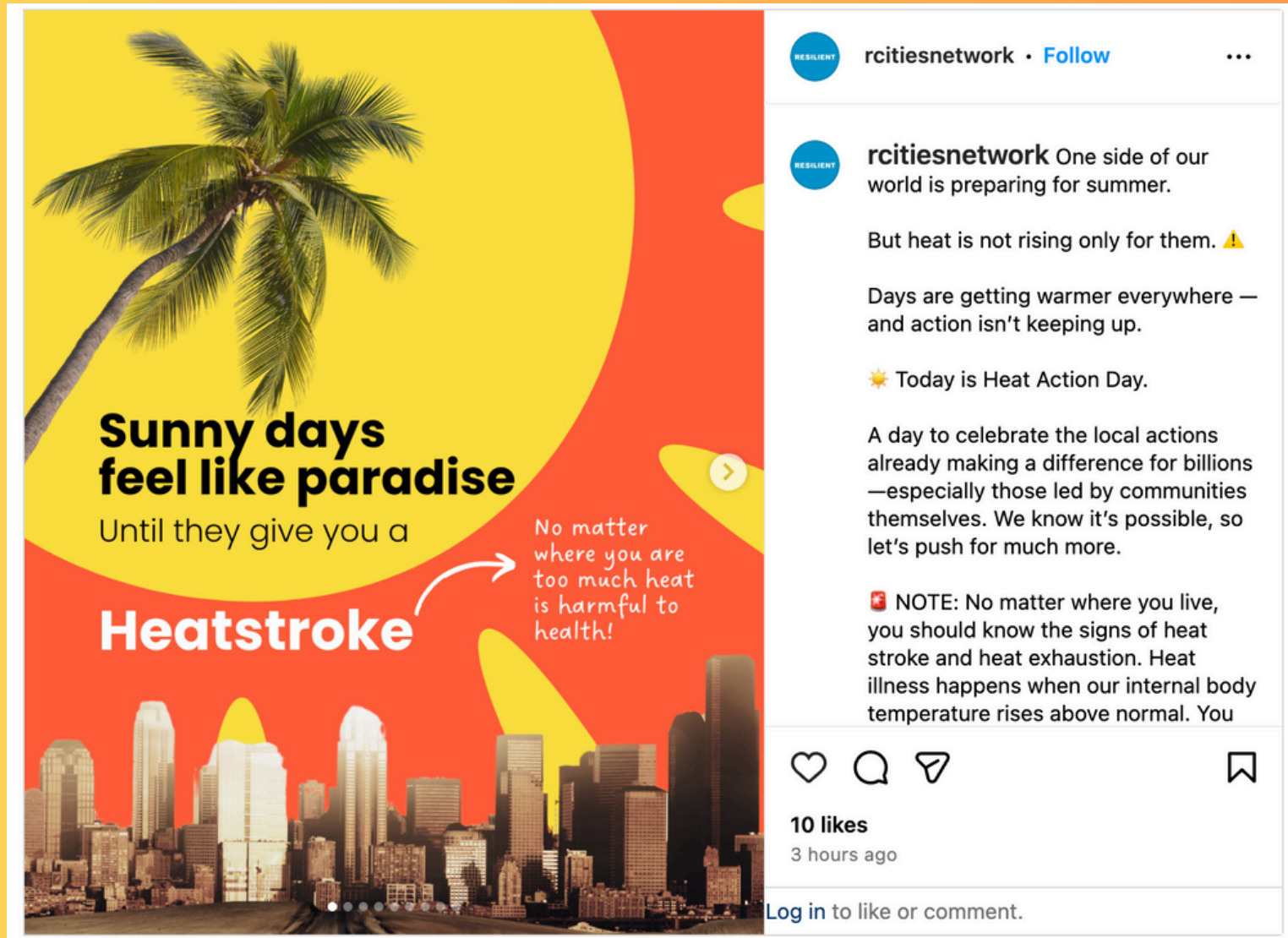
WHAT TO DO:

Call for medical help immediately. Move the person to a cool place, cool them with water or ice packs, and stay with them until help arrives.



SOCIAL MEDIA POSTING. SUBMITTED BY PHILIPPINES RED CROSS.

RESILIENT CITIES NETWORK



SOCIAL MEDIA POST INSPIRED BY OUR UCRP / ZURICH PROGRAMS IN NORTH AMERICA, MELAKA AND GREATER MANCHESTER. TO TIE INTO THE THEME, HOW HEAT EXHAUSTION AND HEAT STROKE CAN THREATEN COMMUNITY MEMBERS' HEALTH NO MATTER THE CLIMATE OF THEIR CITY. SUBMITTED BY RESILIENT CITIES NETWORK.

SENEGAL



Bulletin d'alerte précoce de vagues de chaleur pour la santé

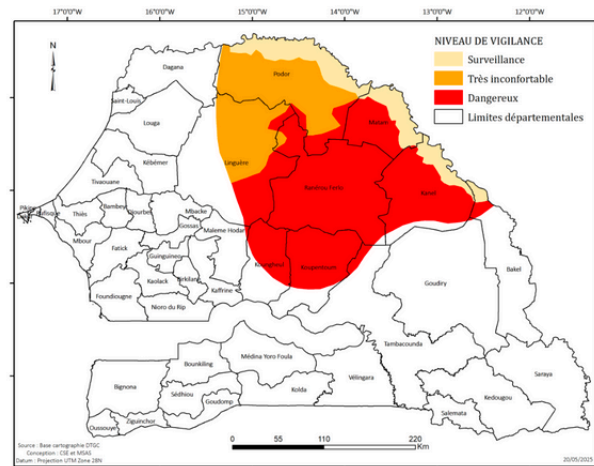


BULLETIN N°: 009

DATE DE DIFFUSION : 20 MAI 2025

PERIODE DE VALIDITE : DU 21 AU 27 MAI 2025

IMPACTS SANITAIRES DE LA VAGUE DE CHALEUR



Légende

NIVEAU DE VIGILANCE	ALERTE	IMPACTS SANITAIRES
	Très dangereux Coup de forte chaleur possible	Aggravation possible des maladies cardio-vasculaires et pulmonaires
	Dangereux Coup de chaleur possible	Epuisement, syncope, déshydratation sévère, crampes
	Très inconfortable Attention aux personnes vulnérables	Déshydratation, étourdissements, maux de tête, vertiges
	Surveillance	Négligeable

WEEKLY HEATWAVE BULLETIN ISSUED BY ANACIM, SENEGAL'S NATIONAL METEOROLOGICAL SERVICE, IN COLLABORATION WITH SENEGAL RED CROSS, THE MINISTRY OF HEALTH, AND THE NATIONAL VULNERABILITY ASSESSMENT SERVICE (CSE). THIS IS PART OF OUR JOINT EFFORTS TO STRENGTHEN EARLY WARNING SYSTEMS AND HEAT RISK PREVENTION. SUBMITTED BY SENEGAL RED CROSS.

SIERRA LEONE



#BeatTheHeat

DISASTER RESPONSE TRAINING ORGANIZED FOR VOLUNTEERS IN KONO ATTRACTED 30 VOLUNTEERS FROM 5 LOCAL BRANCHES. THE VICE PRESIDENT OF THE SOCIETY AMB. SYLVESTRE SIDIE MOHAMED KALLON SCHOOLED VOLUNTEERS ABOUT EXTREME WEATHER EVENTS WHICH IS CAUSING INCREASING HEAT STROKES AFFECTING MAINLY CHILDREN, WOMEN, AND THE AGED. SOME OF THE PREVENTIVE MEASURES RECOMMENDED INCLUDE: TREE PLANTING AND CARE, GREEN SKILLING ACTIVITIES, MEDIA SENSITIZATION AMONG OTHERS. SUBMITTED BY SIERRA LEONE RED CROSS.

SWITZERLAND



GENEVA CITY SET UP AIR CONDITIONED SPACES DURING HEATWAVES FOR THE PUBLIC, INCLUDING COOL BUS STANDS WITH ZERO EMISSIONS, AND NEW BUS/TRAM STOPS THAT THE MUNICIPALITY IS PILOTING. THE TOP LEFT PHOTO SHOWS ONE AT PLACE DE NEUVE, AT THE FOOT OF THE OLD TOWN. COOLING CENTERS HAVE BEEN SET UP IN MUSEUMS, LIBRARIES, SHOPPING CENTERS, RETIREMENT HOMES, ETC. SUBMITTED BY CLIMATE CENTRE AND GLOBAL CITIES HUB.




SWITZERLAND



IN GENEVA, THE JET D'EAU WAS LIT ORANGE IN HONOR OF HEAT ACTION DAY. SUBMITTED BY GLOBAL CITIES HUB AND IFRC/IAN O'DONNELL.

SWITZERLAND





The World Meteorological Organization confirmed **2024 as the warmest year on record** at about 1.55°C above pre-industrial level. This follows the trend of previous years, which have all been in the top ten of the warmest. **Our planet is becoming hotter and more dangerous for everyone, everywhere.**

"Cities are heating up at twice the global average rate due to rapid urbanization and the urban heat island effect ... [they] are bearing the brunt, as congestion, the built environment and concentrated energy use trap and amplify temperatures" acknowledged the UN Secretary General, Antonio Guterres in his Call to Action on extreme heat last year.

At the beginning of 2025, **extreme heat already affected many parts of the world**, with temperatures exceeding 45°C in cities in Brazil, India and South Sudan. Heatwaves are on the rise globally, getting hotter and longer due to climate change.

Cities are on the frontlines to prevent, prepare for and manage the impact of heatwaves. More and more cities work on action plans or put in place innovative measures to protect their residents from heat exhaustion.

In the framework of Heat Action Day, join us for an insightful event co-organized by the Global Cities Hub and the Red Cross Climate Centre focusing on how to beat the heat and increase climate resilience in cities.

Speakers:

- **Julie Arrighi**, Director of Programmes, Red Cross Red Crescent Climate Centre, & Lead author (Chapter 3), IPCC Special Report on Climate Change and Cities
- **Elissavet Bargianni**, Chief Heat Officer, Athens, Greece
- **Kathy Baughman McLeod**, CEO, Climate Resilience for All

Moderated by Anh Thu **Duong**, Co-director, Global Cities Hub

**CITIES BEAT THE HEAT SEMINAR.
SUBMITTED BY GLOBAL CITIES HUB.**

TAJIKISTAN



TAKING ACTION WHEN IT MATTERS MOST. THE TAJIK RC JOINED THE COMMUNITY OF NOSIRI KHUSRAV DISTRICT FOR HEAT ACTION DAY – RAISING AWARENESS ABOUT THE DANGERS OF EXTREME HEAT AND SHARING TIPS TO STAY COOL AND SAFE. ALSO, HEAT ACTION DAY IN NOSIRI KHUSRAV BROUGHT STUDENTS TOGETHER TO LEARN HOW TO STAY SAFE DURING EXTREME HEAT EVENTS. EMPOWERING YOUTH WITH LIFESAVING KNOWLEDGE IS A KEY STEP IN BUILDING COMMUNITY RESILIENCE. SUBMITTED BY TAJIK RED CRESCENT.

THAILAND

Extreme Heat Manual

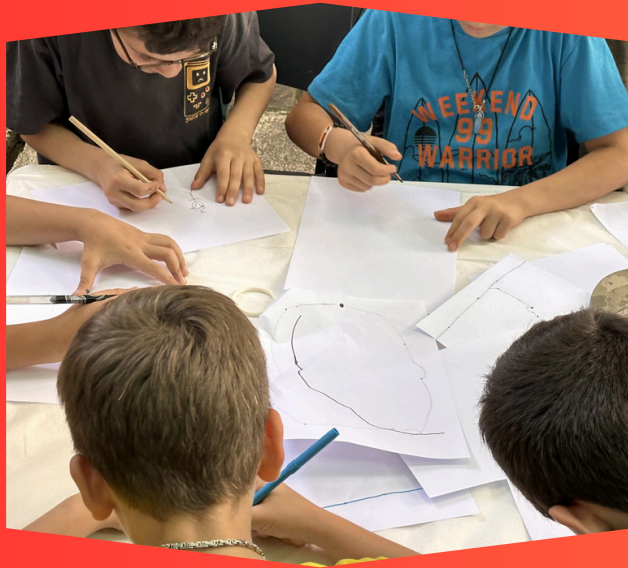
How to Stay Safe During
A Heat Wave

◆ HEAT ACTION DAY 2025

ADB

THE ASIAN DEVELOPMENT BANK CONVENED “RISING HEAT, RISING ACTION: SOLUTIONS FOR WOMEN IN A WARMING WORLD” FROM 2-4 JUNE IN BANGKOK, THAILAND BRINGING TOGETHER CLOSE TO 150 PARTICIPANTS FROM ACROSS ASIA AND THE PACIFIC. MARKING HEAT ACTION DAY, THE REGIONAL MEETING FEATURES THREE DAYS OF PANELS, EXHIBITS, AND BREAKOUT SESSIONS FOCUSED ON ADVANCING GENDER-RESPONSIVE STRATEGIES TO EXTREME HEAT THROUGH DATA, DESIGN, AND POLICY. SUBMITTED BY ASIAN DEVELOPMENT BANK.

TÜRKIYE



AS PART OF HEAT ACTION DAY, A HANDS-ON WORKSHOP WAS ORGANIZED IN IZMIR, TÜRKIYE, BY ICLEI AND THE SOCIAL CLIMATE ASSOCIATION WITH THE CREATIVE PARTICIPATION OF YOUTH, WOMEN, AND CHILDREN. PARTICIPANTS LEARNED ABOUT THE IMPACTS OF EXTREME HEAT AND THEN TOOK PART IN CREATING SHADE STRUCTURES USING SCRAP FABRIC AND SEWING MACHINES. THE ACTIVITY PROMOTED REUSE WHILE ENCOURAGING CREATIVE, COMMUNITY-DRIVEN SOLUTIONS TO CLIMATE CHALLENGES, AND OFFERED A PRACTICAL AND HOPEFUL EXAMPLE OF HOW LOCAL ACTION CAN CONTRIBUTE TO CLIMATE RESILIENCE EFFORTS. SUBMITTED BY ICLEI.

TÜRKIYE



HANDPRINT ACTIVITY ON T-SHIRTS. SUBMITTED BY TÜRKIYE KIZILAY.

TÜRKIYE



OUR STAFF AND VOLUNTEERS CONTINUE TO DISTRIBUTE WATER IN VARIOUS SCHOOLS ACROSS ANKARA TO RAISE AWARENESS ABOUT FLUID LOSS CAUSED BY EXTREME HEAT. SUBMITTED BY TURKISH RED CRESCENT BRANCH AND VOLUNTEER MANAGEMENT DIRECTORATE, ANKARA, TÜRKIYE.

TÜRKİYE



AT THE OSMANIYE COMMUNITY SERVICE CENTER, WHILE MOTHERS ARE AT A HEAT RELATED EMERGENCIES FIRST AID TRAINING SESSION, CHILDREN HAD A HAND-PRINT ACTIVITY. AT THE END OF THE DAY, ORANGE UMBRELLAS WERE DISTRIBUTED TO PARTICIPANTS. AT THE KIZILAY GAZIANTEP COMMUNITY CENTER, AN EVENT WAS HELD WITH APPROXIMATELY 40 CHILDREN AND MOTHERS, INCLUDING A HANDPRINT ACTIVITY, DISTRIBUTION OF STRAW HATS, AND A FIRST AID-THEMED SESSION FOCUSED ON COMMON EMERGENCIES. IN KIZILAY SQUARE, ANKARA, ONE OF TURKEY'S LARGEST LED ADVERTISING BILLBOARDS IS CURRENTLY DISPLAYING AN INFORMATIVE VISUAL. SUBMITTED BY TÜRKİYE KIZILAY.

UGANDA



UGANDA RED CROSS SOCIETY CREATING HEATWAVES AWARENESS ENCOURAGING PEOPLE TO MOVE WITH AN UMBRELLA TO PROTECT THEIR SKIN AND BODY FROM THE HEAT. SUBMITTED BY UGANDA RED CROSS, KAMPALA CENTRAL BRANCH.

UNITED STATES



BY BUILDING THEIR 2025 DALLAS CASA PLAYHOUSE IN THE STREAMLINE MODERNE STYLE, HIGHLAND PARK MAPS-PROGRAM ENVIRONMENTAL ARCHITECTURE STUDENTS EXPLORED HOW HISTORICAL ARCHITECTURE OFFERS INSIGHTS INTO MODERN CLIMATE CHALLENGES. THE PROJECT BECAME A HANDS-ON EXPERIMENT IN PASSIVE COOLING, SUSTAINABLE DESIGN, AND ARCHITECTURAL ADAPTATION TO EXTREME HEAT. THE MAPS ENVIRONMENTAL ARCHITECTURE CLASS THANKS DALLAS CASA PARADE OF PLAYHOUSES, DAVID ESPEDAL, PRESERVATION PARK CITIES, AND THE AMERICAN RED CROSS FOR THIS PARTNERSHIP. SUBMITTED BY HIGHLAND PARK HIGH SCHOOL MOODY ADVANCED PROFESSIONAL STUDIES (MAPS) PROGRAM, DALLAS, TEXAS, USA.

UNITED STATES



LOCAL MEDIA AND PRESS CONFERENCE WITH THE MAYOR AND FIRE CHIEF OF DALLAS, TEXAS AND PRESIDENT OF THE NORTH TEXAS CHAPTER OF AMERICAN RED CROSS; LIT UP ALL OF DOWNTOWN DALLAS ORANGE; DISTRIBUTED HAD TSHIRTS; PROMOTED YOUTH AND VOLUNTEER INVOLVEMENT IN SCHOOLS. SUBMITTED BY NORTH TEXAS CHAPTER, AMERICAN RED CROSS.