

18. July 2022

Public policy

## Tips for the hot days: Drink plenty of fluids, avoid the sun

### The city of Bocholt advises citizens to be especially careful

Dry air and temperatures far beyond the 30-degree mark: Summer weather has also arrived in Bocholt this week. But even if the weather is tempting to go to the swimming lake during the vacation season, there are a few things to keep in mind to protect your own health. The city of Bocholt therefore advises citizens to exercise increased caution.

The City of Bocholt recommends that all citizens follow the general rules of conduct when dealing with heat, in particular drink plenty of fluids (but not ice cold), eat only light meals and wear loose, light clothing. When outdoors, headgear should also be worn.

It is also advisable to apply sunscreen with UV protection and to avoid the blazing sun. To create a tolerable indoor climate, it is advisable to ventilate in the morning hours and keep windows closed and darkened during the day.

People and animals should not be left in the car under any circumstances! All citizens are asked to be particularly attentive: there is an increased risk of fire outdoors due to the dry vegetation.

The city additionally refers to the [leaflet "Heat" of the Federal Office of Civil Protection and Disaster Assistance](#). ↗

### Increased risk of forest fires in the district of Borken

According to the German Weather Service, there is an increased risk of forest fires in the district of Borken this week. Therefore, the Bocholt fire department will be deployed in these days with an additional tanker (5000 liters) in the first march. In the case of larger fires, further tank fire-fighting vehicles from the district of Borken or the neighboring Aalten (NL) will be called in.

In the outer areas, the fire department is often supported by farmers with water vehicles in the case of area fires. Tractors and cultivators are also used in the event of fire to create aisles to prevent the spread of wildfires.

To prevent forest and wildfires, smoking in the forest is prohibited nationwide from early March through October 31. In the forest, barbecuing is only allowed in designated places, open fires are prohibited in the forest and near the forest, informs the city of Bocholt.





*Die Sommerhitze ist auch in Bocholt angekommen*  
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