

**TIPS FOR TOURISTS TO
STAY SAFE DURING
EXTREME HEAT**

MUNICIPALITY OF CÓRDOBA



**Municipalidad
de Córdoba**

ENJOY CÓRDOBA. **STAY SAFE IN THE HEAT.**

Córdoba has plenty to explore, from its parks and green spaces to its historical and cultural heritage, local cuisine, outdoor activities, and much more.

When an extreme heat warning is issued, adjusting your plans and taking a few simple precautions can help you enjoy the city safely and reduce the health risks associated with extreme heat.

Anyone can be affected by extreme heat, but some people are more vulnerable, including babies and children, older adults, people with health conditions or who take certain medications, and those who travel alone.

That's why the Municipality of Córdoba has prepared this guide with simple, practical tips to help you plan your visit, stay safe on hot days, recognize the warning signs of heat-related illness, and know what to do if you or someone you're traveling with starts to feel unwell.



What is extreme heat?

Extreme heat refers to a period of unusually high temperatures that last for several days and are higher than what is typical for a particular region and time of year. These conditions can exceed the ability of people and ecosystems to adapt and can pose serious health risks.

What is a heat wave in Córdoba?

In Córdoba, a heat wave is declared when both maximum and minimum temperatures reach or exceed specific thresholds for at least three consecutive days. These thresholds vary depending on the location.

For Córdoba City, the thresholds established by the Córdoba Hydrometeorological Observatory are:

Maximum temperature: 33.4 °C

Minimum temperature: 19.5 °C

What is a heat alert?

A heat alert is an official warning that indicates the level of health risk associated with forecast temperatures in the coming days.



What does each alert level mean, and how can it help you stay safe?

The **Early Warning System for Extreme Temperatures (SAT-TE)**, established by the Hydrometeorological Observatory of the Province of Córdoba, has four alert levels:

Green Level	No health risk	• Heat poses no significant health risk • You can continue with your usual activities.
Yellow Level	Yellow Level	• High temperatures may particularly affect older adults, children, and people with chronic conditions. • It is important to increase your fluid intake, avoid midday sun, and check on people who belong to higher-risk groups.
Orange Level	Moderate to high risk	• It can be very dangerous for higher-risk groups. • It is recommended to minimize sun exposure, stay in cool places, drink fluids frequently, and pay attention to signs of heat exhaustion.
Red Level	Extreme risk	• Heat can affect everyone, including healthy people. • It is recommended to avoid outdoor activities during the hottest hours, drink fluids continuously, and seek cool or air-conditioned places.

IMPORTANT NOTE:

During very intense extreme heat situations (Orange/Red Alert), even people without previous risk factors may be affected.

STAY INFORMED DURING YOUR STAY

While you're in Córdoba, we recommend following the official WhatsApp channel of the Municipality of Córdoba to receive alerts, recommendations, and updates that may be useful during your visit — especially during extreme heat or other events that may affect your stay.

The channel is currently available in Spanish. If you don't speak Spanish, you can use **WhatsApp's built-in translation feature** to translate messages into your preferred language.

[Official WhatsApp channel of the Municipality of Córdoba](#)

Before your trip

- ☐ Check the weather forecast for Córdoba and find out if a heat alert is in effect.
- ☐ Review your travel insurance or health coverage and save the relevant contact information.
- ☐ If you take regular medication, bring enough for your entire stay and ask your healthcare provider how it should be stored in hot weather.
- ☐ Pack a heat-safety kit: a reusable water bottle, hat or cap, sunglasses, sunscreen, and light-colored, loose-fitting clothing.
- ☐ Save emergency contact numbers and your accommodation details on your phone.
- ☐ If you're traveling with children, older adults, or people with chronic health conditions, plan regular breaks and make sure they have plenty of opportunities to rest and drink water.

During your stay

Whenever possible, **plan walks, city tours, and outdoor activities for the early morning or after 6 p.m.**

Between 10 a.m. and 4 p.m., choose:

- ☐ Museums and cultural venues.
- ☐ Cafés and restaurants.
- ☐ Shopping centers.
- ☐ Indoor activities.
- ☐ Cool or air-conditioned places.

Stay hydrated:

- ☐ Carry a reusable water bottle with you.
- ☐ Drink water regularly, even if you don't feel thirsty.
- ☐ Bars, restaurants, and public events are required to provide free, unlimited drinking water under current regulations.

Stay safe in heat:

- ☐ Take regular breaks, especially during long walks, tours, or outdoor activities.
- ☐ Avoid strenuous exercise during the hottest part of the day.

- ❑ Opt for light, refreshing meals.
- ❑ Avoid alcohol and limit drinks that are high in caffeine or sugar.
- ❑ Cool down by splashing cool water on your face, neck, and arms.
- ❑ If you start to feel unwell, stop your activity, move to a cool place, and drink plenty of water or other fluids.

Learn how to recognize heat-related illness

Health Symptoms	What does the person experience?	Why does it happen?	What should you do?
Extreme heat fatigue	Extreme thirst Severe fatigue Dizziness Headache Nausea or feeling like vomiting Weakness Feeling hot Lack of energy	The body loses a large amount of water and salt through sweating and is unable to cool itself properly. The heart works harder and blood pressure may drop.	Move to a cool place. Sit or lie down. Drink water in small sips. Wet your face, neck, and arms with cool water. Loosen your clothing. Avoid returning to the sun that day. If you do not improve soon → seek medical attention.
Heat cramps	Severe muscle pain Spasms in the legs, arms, or abdomen Muscle stiffness	A large amount of salt is lost through sweat, affecting normal muscle function.	Stop the activity. Drink water. If possible, drink a beverage containing electrolytes. Gently massage the affected area. Slowly stretch the muscle. Rest in a cool place.
Swollen feet and ankles	Swollen feet Heavy legs Discomfort when walking	Heat causes the veins to expand and the body to retain fluids.	Elevate your legs when sitting. Drink water. Avoid standing for long periods. Wear loose clothing. Cool your feet with water.
Heat rash	Itching Burning Irritation Red bumps	Sweat becomes trapped in the skin, causing irritation.	Wash the skin gently. Dry thoroughly. Wear light clothing. Keep the skin cool. Do not scratch. For babies: change clothing frequently.
General heat exhaustion	Persistent fatigue Lack of energy Sleepiness Difficulty carrying out simple tasks	The body uses more energy while trying to regulate its temperature.	Rest. Sleep in well-ventilated places. Drink fluids throughout the day. Eat light meals. Avoid sun exposure during peak hours.
Heat stroke (emergency)	Very high body temperature (over 40 °C) Hot, dry skin (no sweating) Nausea or vomiting Rapid pulse Rapid breathing Low blood pressure Severe headache	Excessive heat damages vital organs such as the brain, heart, kidneys, and liver. This can lead to general organ failure if it is not treated immediately.	✔ Call emergency services immediately. ✔ Move to a cool place. ✔ Remove excess clothing. ✔ Cool the body with water or cold, wet cloths. ✗ Do not self-medicate.

In an emergency

If you or someone you're with develops signs of heat stroke, such as confusion, loss of consciousness, seizures, or a significant worsening of their condition: **SEEK IMMEDIATE MEDICAL ATTENTION.**

Emergency numbers:

- **107 – Municipal Medical Emergency Service**
- **911 – Emergency Services**
- **100 – Fire Department**
- **103 – Civil Defense** (for hazardous situations in public spaces)



Other useful information



Heat alerts and recommendations

Follow the [official WhatsApp channel of the Municipality of Córdoba](#) for alerts, recommendations, and updates. The channel is currently available in Spanish.



Hydration points

Find free [hydration points throughout the city](#) and refill your water bottle.



Tourist information

Visit one of the [Tourist Information Offices](#) for help and information during your visit.



Public transportation

Download [Tu Bondi](#) to check bus arrival times in real time.



Health care

Keep your travel insurance or health coverage information readily available and find [healthcare facilities in Córdoba](#) near you.

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