

Municipality of Athens: Response to high-temperature conditions

- ✚ Seven (7) air-conditioned halls for the protection of citizens.

The air-conditioned premises, operating from 8 am to 8 pm, are the following:

1. Friendship Club in Koukaki; 26-28, Drakou St. Tel: 2109232044
2. Friendship Club “The Ascension of the Lord” in Neos Kosmos; 15, Heldreich St. Tel: 2109240403
3. Friendship Club in Votanikos; 4, Kozanis St. Tel: 2103423716
4. Friendship Club in Kolokinthous; 9, Aimonos & Astrous St. Tel: 2105140877
5. Friendship Club in Agios Eleftherios; 372, Acharnon St. Tel 2102012334
6. Friendship Club in Kypseli; Skyrou & Kafkasou St. Tel: 2108815877
7. Friendship Club in Ambelokipi; Panormou & Vatheos St. Tel: 2106459890

All hygiene and safety rules established by the National Public Health Organization (EODY) guidelines for COVID-19 will be strictly followed in the premises. The use of a face mask will be mandatory for citizens during their stay in the premises; adequate ventilation will be provided, as well as an antiseptic solution for further protection of the citizens.

- ✚ In addition, the street work groups of the City of Athens Reception and Solidarity Center (KYADA) will continue their work throughout the heat wave, providing the city’s homeless population with instructions on how to protect themselves from the heat wave. At the same time, the groups will offer them cool water, emergency supplies and first aid services; they will also inform them on the air-conditioned halls provided by the Municipality.
- ✚ For their convenience, interested citizens ought to contact in advance, either the Friendship Club in which they are interested directly, or the Citizen Hotline 1595, or the call center 2105277000.
- ✚ Additionally, the Municipality of Athens Clinics offer a helpline service, through which information is provided for the support of the residents of Athens (2103638049, 8:30 am to 7:30 pm).

Heat wave categories

CATEGORY 1 (Monday, July 25)

Very high temperatures. Follow the instructions and avoid prolonged exposure to the heat. Inform the vulnerable individuals.

- For instructions and information call **210-3638043** (Municipality of Athens)
- Visit **the Municipality of Athens website** for the survival guide during heat waves in Athens
- Download the smartphone application **EXTREMA Global** for personalized information and maps

- If it is too hot at home, visit a **Friendship Club**

- People over 65 years of age, young children, breast-feeding mothers and pregnant women, individuals with underlying diseases and those who work outdoors are in higher risk. Take care of them!

- Stay hydrated and look for shade and freshness
 - * Avoid drinking coffee, alcohol and refreshment drinks
 - * Seek an air-conditioned space for at least 2-3 hours daily
 - * Take cold showers frequently and regularly during the day
 - * Don't forget to keep our little four-legged friends hydrated and cool

- If possible, stay at home and don't go outside during the hot hours of the day:
11 am to 6 pm

CATEGORY 2 (Tuesday, July 26 and Wednesday, July 27)

Extremely high temperatures. Health hazard. Take precautions. Be ready to help vulnerable individuals.

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- Download the smartphone application **EXTREMA Global** for personalized information and maps
- If it is too hot at home, visit a **Friendship Club**

- If possible, stay at home and don't go outside during the hot hours of the day:
11 am to 6 pm
- People over 65 years of age, young children, breast-feeding mothers and pregnant women, individuals with underlying diseases and those who work outdoors are in higher risk. Take care of them!
- Stay hydrated and look for shade and freshness
 - * Avoid drinking coffee, alcohol and refreshment drinks
 - * Seek an air-conditioned space for at least 2-3 hours daily
 - * Take cold showers frequently and regularly during the day
- Check on your elderly neighbors who live alone (at least 2-3 times a day)