

# EUROPEAN INSTITUTE OF INNOVATION TECHNOLOGY

**•The main impacts of heat waves on the health of national and international travellers.**

1. Heat waves can be a serious health threat for travelers, both domestically and internationally, especially as climate change continues to push global temperatures higher. These extreme weather conditions can throw a wrench in travel plans, put extra strain on healthcare systems, and create life-threatening situations for those who are most vulnerable. One of the biggest health risks during heat waves is the potential for heat-related illnesses, like heat exhaustion and heat stroke. Travelers, particularly those who aren't used to the local climate, might not fully grasp just how dangerous high temperatures can be. This lack of awareness can lead to extended sun exposure, dehydration, and poor cooling methods. Heat stroke, which is the most severe type of heat illness, is a medical emergency that can result in confusion, loss of consciousness, organ failure, and even death if not addressed quickly.
2. Travelers with existing health issues are especially at risk. Those dealing with heart disease, respiratory problems, diabetes, or kidney issues may find their symptoms worsen in extreme heat. For example, high temperatures can put extra strain on the heart and lungs, leading to chest pain, shortness of breath, or irregular heartbeats. Certain medications, like diuretics or beta-blockers, can also hinder the body's ability to manage temperature, increasing the danger.

3. **Mental health can take a hit as well. Heat waves can lead to irritability, trouble sleeping, and increased anxiety, making it even harder for travelers to cope with the challenges of being away from home.**

**Name Nishnat**

**Matriculation No. DE240080**