

Beat the Heat WHO key messages for Fans FIFA World Cup 2025™

Stay Cool & Safe at the FIFA Club World Cup 2025™! 🌞 ⚽

The excitement is heating up—literally! With extreme temperatures expected during the tournament, here's how you can stay safe while enjoying the matches:

🔥 Beat the Heat Tips:

- ✅ **Stay hydrated** – Drink sufficient water throughout the day. Bring a refillable water bottle. Avoid excessive caffeine and alcohol.
- ✅ **Watch your urine color** - Dark yellow may indicate you are not drinking enough water.
- ✅ **Wear light clothing** – Opt for breathable, loose-fitting light color clothes and a hat to shield yourself from the sun.
- ✅ **Use sunscreen** – Apply SPF 30+ sunscreen regularly to protect your skin.
- ✅ **Seek shade** – Take breaks in shaded areas or air-conditioned spaces when possible.
- ✅ **Know the signs of heat illness** – Watch for dizziness, nausea, or confusion. Seek medical help if needed.
- ✅ **Cool down** – Use wet towels, fans, or splash water on your face and arms to enhance thermal comfort.
- ✅ **Stay well** – if you have medical condition or take medicines regularly, check with your doctor.

🏟️ Stadium-Specific Precautions:

Some stadiums do not have roofs, plan accordingly for sun protection. Follow the official heat alerts for the venue

Let's make this an unforgettable tournament while staying safe and comfortable! 🌍 ⚽ 🔥

Want more details? Link to <https://www.who.int/initiatives/initiative-against-extreme-heat-and-health-risks-in-workplaces-and-major-events/tips-for-keeping-cool>

Health tips for Fans and organizers: stay smart in the heat!

Whether you're cheering from the stands, working behind the scenes, or organizing the action, here's what you need to know to stay safe and enjoy the game.

For fans and attendees:

Heat isn't just uncomfortable. It's dangerous.

1. Extreme heat can be risky for everyone – especially for staff, volunteers, fans, event organizers and attendees. Children, pregnant women, people living with chronic diseases, people over 65 years of age can be of particular risk.

Hot weather = higher health risks:

2. High temperatures can increase the risks of heat stress, dehydration, heat exhaustion and heatstroke that can be fatal if not addressed. Protect yourself. Keep cool, stay hydrated with safe drinking-water. Wear a hat, light clothing, and sunscreen.
3. Do not hesitate to seek medical help if you experience symptoms like unprecedented fatigue and weakness, nausea and vomiting, headache, dizziness, skin rash, muscle cramps.

Protect your skin:

4. [The SunSmart Global UV app](#) is available free of charge at both the [Apple App](#) and [Google Play](#) stores. It provides personalized options so that users can take actions to protect prolonged, excessive UV exposure, a major cause of skin cancer and other UV related diseases.

Air quality matters:

High heat and poor air quality are dangerous:

5. Stadiums in urban areas can experience elevated pollution levels, especially on hot or windless days. On high pollution days, the risk of health issues increases, especially for people with heart or lung conditions.

Transportation is a major source of air pollution, particularly during large events:

6. Play your part: take public transport, trains, or event-organized shuttles if available. If that's not an option, consider carpooling with friends or fellow fans. Cleaner air means healthier fans.

If you feel breathless, wheezy, or tight in the chest:

7. step away from the crowd and seek medical help without delay.

Stay hydrated:

8. Drink water regularly throughout the match. Daily hydration needs shoot up in hot climates: You need to drink more water on a hot day.

Water is essential:

9. Access to safe drinking water is non-negotiable for dodging heat-related illnesses. Bring your own clean bottle to reduce plastic waste, and re-fill at designated water stations.

For organizers and event staff:

10. Workplaces, mass gatherings and sports events should have hydration stations with safe and sufficient water to keep everyone healthy.
11. Ensure medical checkpoints are clearly marked and staffed appropriately according to expected crowd size.
12. Provide shaded areas to help protect fans from heat and reduce the risk of heat-related illness.
13. Soaring temperatures boost sweat and bacterial growth, so strong hygiene measures are a must to stop skin infections, heat rashes and disease outbreaks.
14. Hand hygiene stations stocked with soap and water or alcohol-based hand rub should be available, and accessible to all, in close proximity to toilets and food serving or eating areas.
15. Sanitation facilities have to hold up in extreme heat, ensuring clean, safe loos, that are accessible to all, no matter the weather.
