



Another heatwave

A new heatwave began on Sunday, August 3rd, and is expected to last until Sunday, August 10th. During this period, temperatures will be 5 to 10 degrees Celsius higher than normal for this time of year. In some regions, temperatures could even reach 42 degrees Celsius.

It won't just be hot during the day; nights will also remain sultry. In many places, temperatures will remain between 23 and 25 degrees Celsius, resulting in so-called tropical nights where the body barely finds any cooling. This can pose risks, especially for the elderly and people with health problems.

The heatwave is caused by hot, dry air from North Africa blowing towards Spain. A strong high-pressure system will ensure that this warm weather lingers for a while.

Health authorities advise staying indoors during the day when it's hot, drinking plenty of water, and taking it easy. It's especially important to stay out of the sun between 12:00 and 18:00 and to be careful not to overheat.