

# IN SUMMER, A COOL HEAD TO BEAT THE HEAT



Avoid going outdoors or exertions such as shopping, cleaning, physical activity, etc. at the hottest time of day



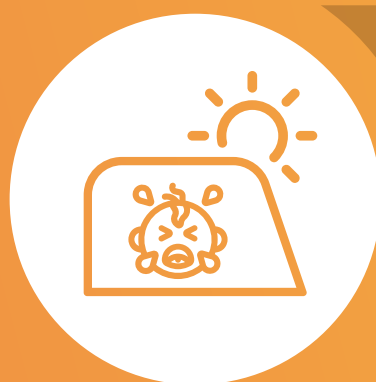
Drink more water, more often and eat light meals

Avoid drinks containing caffeine, alcohol or sugar



Take a cool shower or splash yourself with water, use a fan and stay in cooler places

Wear light clothing, sun cream, sunglasses and a hat



Do not leave people or animals in your vehicle

Take particular care with elderly people, children, pregnant women or people with chronic diseases



Check with the Health Services in the case of a high fever, confusion or loss of consciousness