

ON THE WAY, A COOL HEAD TO BEAT THE HEAT



Check the temperature forecast for the day of your route



Use well-travelled routes in order to have help to hand in the event of a mishap

Avoid walking during the middle of the day. Do not overextend your route



Drink water regularly, even if you are not thirsty, unless you have a medical reason for not doing so

Wear lightweight and light-colored clothing, visors or hats



Use sunscreen and sunglasses suitable for protection against UV rays



At the first sign of fever, sweating, nausea, hot skin, blurred vision and exhaustion, **STOP** in a cool, shady area, wet your clothing and drink abundantly. If symptoms persist or in the event of disorientation or loss of consciousness, rapid and weak pulse, rapid and shallow breathing and even seizures, call 112.