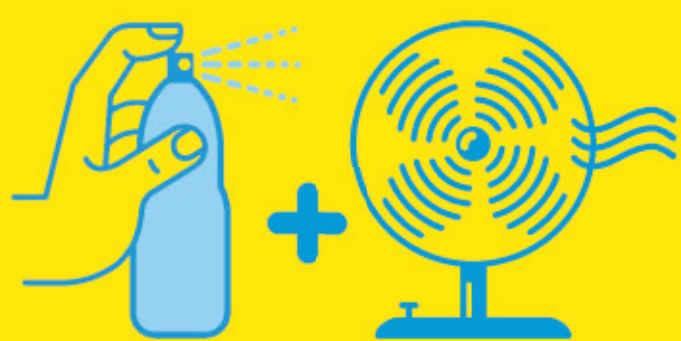


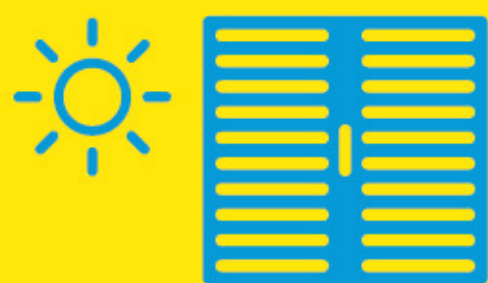


HEAT WAVE, VERY HIGH TEMPERATURES

TIPS TO HELP YOU COPE



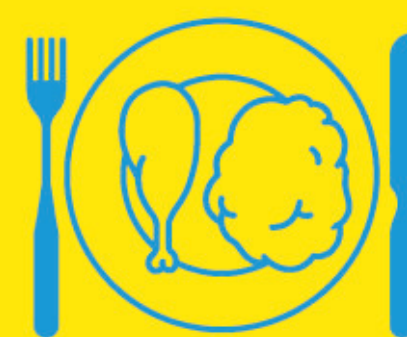
Moisten your skin with water and use a fan



Keep your home cool: keep the shutters closed during the day



Keep in touch with friends and family



Make sure you eat enough



Avoid drinking alcohol



Avoid strenuous activities

DRINK WATER REGULARLY

IF YOU FEEL UNWELL, DIAL 15

For more information: **0 800 06 66 66** (free from a landline)
www.sante.gouv.fr/canicule • www.meteo.fr

