



HEATWAVE ALERT



Drink water and keep cool



Avoid
alcohol



Eat
enough



Keep blinds and shutters
closed during the day,
leave your windows
open at night



Spray
yourself
with water



Keep in touch
with friends
and family

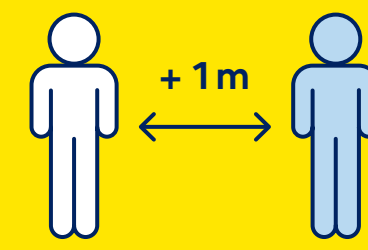
Continue to apply all the protective measures against COVID-19



Wash your hands regularly



Wear a mask



Keep one metre apart

**IF YOU FEEL FAINT,
CALL 15**

For more information:
0 800 06 66 66 (free)
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