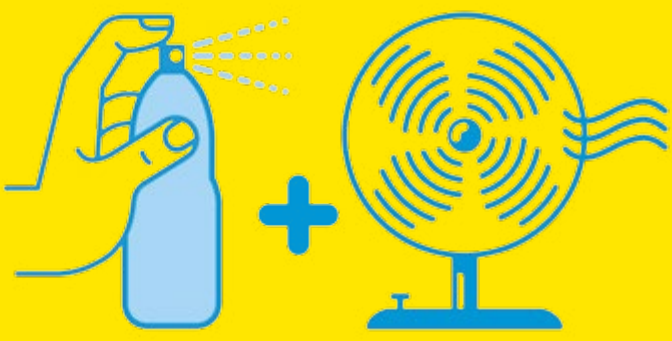
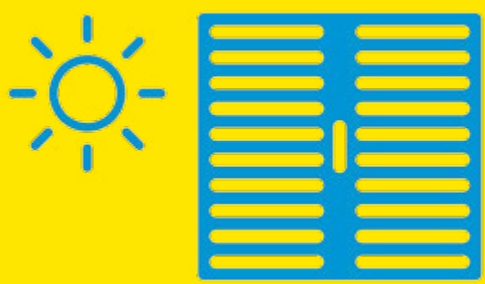


# HEAT WAVE, VERY HIGH TEMPERATURES

## TIPS TO HELP YOU COPE



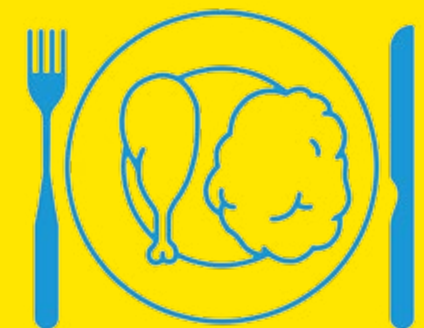
Moisten your skin with water and use a fan



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](http://www.sante.gouv.fr/canicule) • [www.meteo.fr](http://www.meteo.fr)

