

## **High temperatures:**

Recommended advice:

- Protect yourself from sun and heat.
- It is recommended to stay in places shaded from the sun and in the cooler rooms of the house. During the hours of sunlight, keep the blinds down.
- Open the windows of the house overnight to cool it down.
- Where needed, use fans or air conditioning to cool the environment.
- Be careful when changing environments, sudden temperature changes might affect you.
- On the street, avoid direct sunlight. Wear a cap or a hat, lightweight, light coloured clothing.
- Try to walk through shaded areas or use an umbrella for protection. Relax in cool places or in enclosed places that are air-conditioned.
- Always carry water and sip frequently.
- Do not leave children or elderly people inside a closed car.
- Avoid strenuous activities in the central hours of the day, when it is usually hottest.
- Take light meals and refreshments rich in water and mineral salts, such as fruits and vegetables, which help to replenish salts lost by sweating.
- Do not drink alcoholic beverages. Avoid large, hot, calorific meals.
- Help others. If you know sick or old people who live alone, go to visit them once a day.
- Consult your doctor if you are taking medication that can influence your body's ability to regulate your temperature, it may need adjusting.
- For any request for information call, 012.