





During a heat wave your health is at risk, what are the warning signs?







Cramps

Unusual tiredness

Headaches







Dizziness/Nausea



Speaking incoherently

If you see someone who is unwell, **dial 15**.

WHAT YOU SHOULD KNOW

Anyone over the age of 60 or with a handicap, is entitled to personalised support. You simply need to contact your mairie (town hall) or the CCAS (Centre Communal d'Action Sociale - Centre for Social Action).

During a heat wave

What should you do or avoid doing?



DRINK WATER REGULARLY



Moisten your skin with water and use a fan



Ensure you eat sufficiently



Avoid strenuous activities



Avoid drinking alcohol



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



Keep in touch with friends and family

WARNING!

You are particularly at risk if you are pregnant, have a baby or are a senior. If you are taking any medication: ask the advice of your doctor or your pharmacist.

What is a heat wave?

Your health may be in danger when:



The weather is very hot.



The temperature doesn't drop, or drops very little, at night.



It lasts for 3 days or longer.



IF YOU FEEL UNWELL, DIAL 15

FOR FURTHER INFORMATION: 0 800 06 66 66 (free)

www.meteo.fr to check the weather forecast and vigilance maps

www.solidarites-sante.gouv.fr ● #canicule