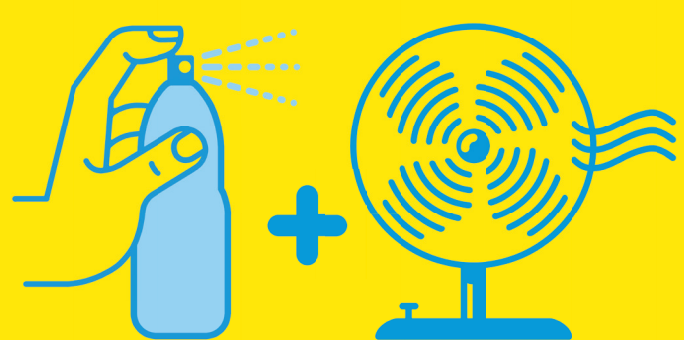


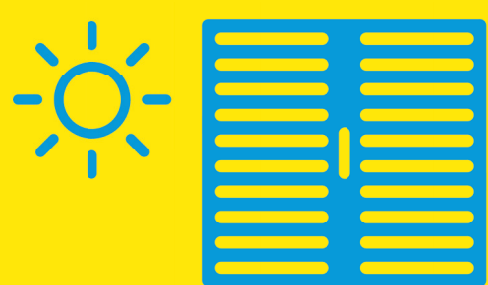


HEAT WAVE, VERY HIGH TEMPERATURES

TIPS TO HELP YOU TO COPE WITH



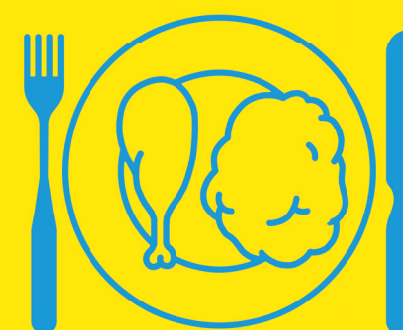
Moisten your skin with
water and use a fan



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, **DIAL15**

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

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