



HEAT WAVE, VERY HIGH TEMPERATURES

TIPS TO HELP YOU COPE



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



Cramps



Unusual tiredness



Headaches



Fever > 38°C



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.social-sante.gouv.fr/canicule • [#canicule](https://twitter.com/canicule)