

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 from a landline)
www.meteo.fr to check the weather forecast and vigilance maps
www.sante.gouv.fr/canicule

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**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.