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.



-44815-DE

WTRAUE R.C.S. Paris B 378 899 363 Réf : 260

VERY HIGH TEMPERATURES

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

inpes.sante.fr Liberté • Égalité • Fraternité RÉPUBLIQUE FRANÇAISE Institut national de prévention et d'éducation pour MINISTÈRE CHARGÉ la santé DE LA SANTI

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

During a heat wave What should you do or avoid doing?







Cramps

Unusual tiredness







Fever > 38°C

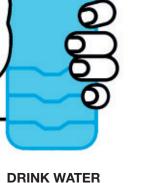


Dizziness/Nausea

Speaking incoherently

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





REGULARLY



Moisten your skin with water and use a fan





Avoid drinking

Avoid strenuous activities



Keep your home cool:

keep the shutters

closed during the day



alcohol

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 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).