



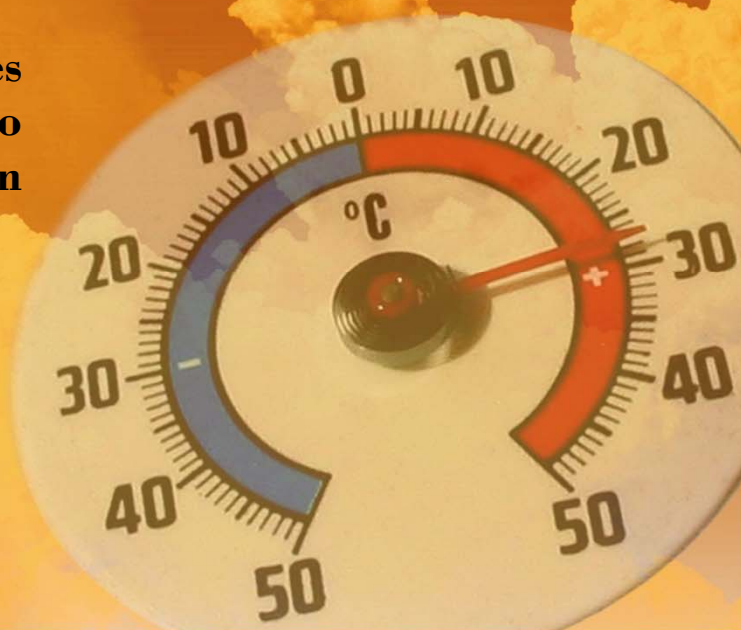
HEAT WAVES: PLEASE BE CAREFUL



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- ▶ **Do not go out during the hottest hours of the day (from 10:00 to 18:00). If you are exposed to sunlight you should cover your head;**
- ▶ **Do not drink alcoholic beverages, sugar-added and carbonated drinks, as well as coffee, for they increase sweating and your sense of heat, and they contribute to dehydration;**
- ▶ **If you suffer from chronic diseases (cardiovascular, respiratory, neurological) do not interrupt or replace your medicines on your own: it is always better to see a doctor;**



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- ▶ If you use fans, do not direct them towards people, but regulate them so that the air conditioning can circulate through the location. In particular, when the temperature exceeds 32°C , fans can increase the risk of dehydration, especially for people who can not move from bed, unless they drink enough liquids;



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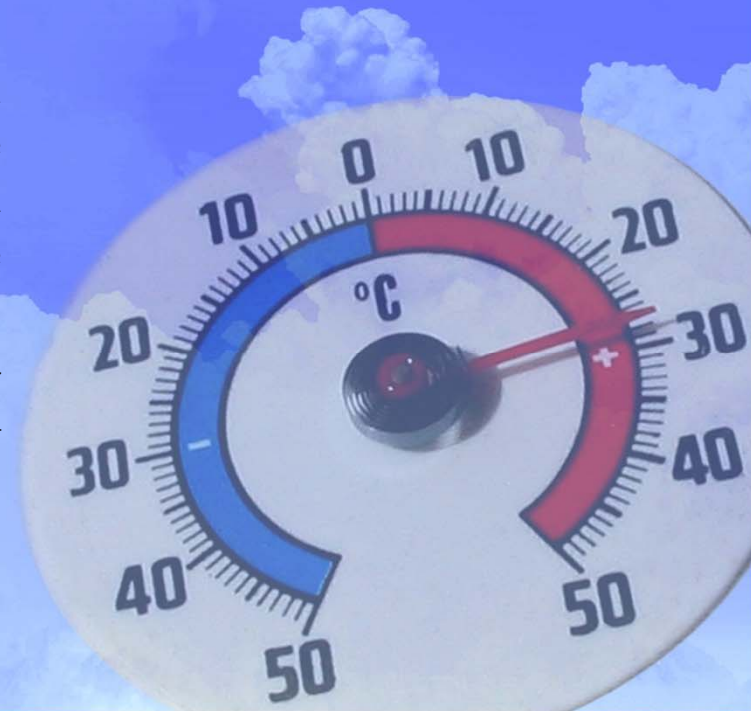
- ▶ **Drink enough liquids (1,5 liters per day at least, or even more if you practice sports or outdoors activities). We recommend you to drink even if you are not thirsty, in order to replace your daily losses of minerals and liquids;**
- ▶ **It is better to have light meals, simple dressing pasta, fruit and vegetables;**
- ▶ **Wear light clothes, non tight-fitting, possibly cotton or linen clothes which do not prevent transpiration;**



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- ▶ If you got sudden headache due to sunstroke or heat stroke, apply immediately cool water to your head;
- ▶ Having showers and warm baths, wetting head and arms with cool water decrease body temperature;
- ▶ Try to stay, as long as you can, in cool and refreshed locations, with a temperature between 25°C and 27°C, and avoid temperature jumps of 5-6°C or more compared to the temperature outside. Whenever you leave a very hot location for a new one where air conditioning is on, you should cover;



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- ▶ **Cover the glasses of your windows with wooden panels or tents to prevent excessive warming in the house;**
- ▶ **If you enter a car which has been parked under sunlight for a long time, open immediately the doors to refresh inside, and then start driving with the windows opened or the air conditioning on, in order to decrease the temperature inside;**
- ▶ **When you're driving regulate the air conditioning so that the difference between the temperature inside and outside the car is not more than five or six °C.**

