

Tips for coping with the heat

- Drink lots.
- Preferably water.
- **Do not** drink alcohol.



- Wear lightweight clothing.
- Wear loose-fitting clothing.
- Light cotton clothing is best.
- Wear a sun hat.
- Use sun cream.



- Air rooms
 - In the morning
 - In the evening
- During the daytime:
 - Close the shutters
 - Close the curtains

- Turn off any electronic equipment you are not using.

- **Do not** take part in strenuous sporting activities.
- Stay in the shade.
- **Do not** carry out strenuous work.



These tips are particularly important for the health of:

- Children
- The elderly

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For information, please contact the public medical service of the Saarbrücken Regional Association.
Regionalverband Saarbrücken

(Saarbrücken Regional Association)
Health department | Public medical service
Stengelstraße 10-12 | 66117 Saarbrücken
Tel: 0049 (0)681 506-5380