

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

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## 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