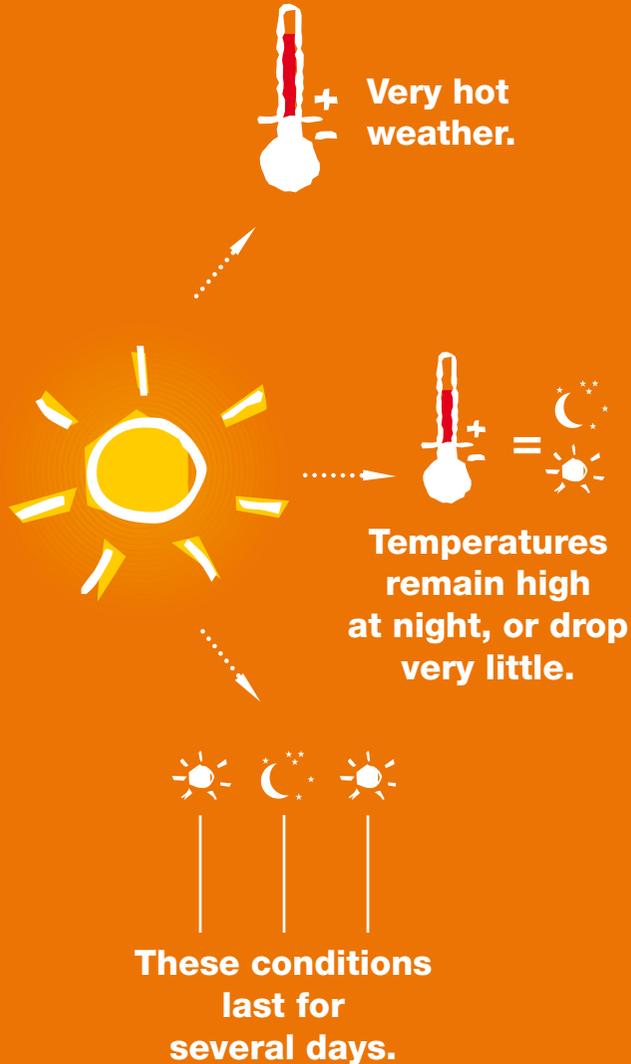


# • EXPLANATIONS

HEATWAVE

Your health can be at risk when these 3 conditions are combined:



If you are elderly, living alone or handicapped, sign the register at your Town Hall or contact your local Social Action Centre (CCAS). This will make sure you receive assistance in the event of a heatwave.

If you take any medication, ask your family doctor or pharmacist for advice.

If you see anyone suffering from heat exhaustion or heatstroke, call the emergency services immediately by dialling **15**

Check weather forecasts and Météo France alert map regularly  
Phone: 32 50 (0.34€/minute)  
Internet: [www.meteo.fr](http://www.meteo.fr)

Want to find out more for yourself, or those closest to you?

Dial  
**0 800 06 66 66** (toll-free call)  
or consult  
[www.sante.gouv.fr/canicule](http://www.sante.gouv.fr/canicule)



## Coping with heatwaves...

### EXPLANATIONS ON WHAT TO DO

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• EXPLANATIONS

HEATWAVE

The way you react to very hot weather depends on your age

Elderly people



You perspire very little. The body finds it hard to stay at 37°C.



Your body temperature may rise - you could suffer from heatstroke (hyperthermia).

Children and adults



You perspire a lot to keep the body at the right temperature.



You lose water - you could suffer from dehydration.

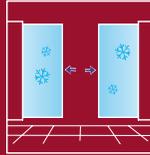
• WHAT TO DO

HEATWAVE

Stay indoors in the heat of the day.



Spend several hours in a cool or air-conditioned area.



Protect your house against the heat.



Avoid any intense physical effort.



Keep out of direct sunlight.



Protect your house against the heat.



Elderly people

Splash your skin several times a day, lightly fanning yourself at the same time and...



Eat normally (fruit, vegetables, bread, soup, etc.).



Drink around 1.5L of water a day - and avoid alcoholic beverages.



Keep in regular touch with family, friends and neighbours.

Children and adults

Drink lots of water and...



Avoid alcoholic beverages.



Keep an eye on your workmates and colleagues - and on yourself.



Keep in regular touch with your family, friends and neighbours.