

EXTREME HEAT

I FOLLOW THE HEALTH TIPS!



I drink at least **1.5 litres of water**, tea, herbal tea, cold broth, etc.



I avoid **alcohol** and **sugary drinks**.



I keep windows, curtains, blinds and shutters closed **during the day** and **air the room** at **night** when it's coolest.



I seek **shade** and **protect** myself with a hat, sunglasses and sun cream.



I eat **regularly** and in **sufficient quantities**.



If I need to **exert myself**, I try to do so **early in the morning** or in the evening **after 8 pm**.



I check in regularly with my **more vulnerable loved ones**.



I **stay indoors** during the hottest hours (from 11 am to 3 pm).



I never leave a person and/or an animal in **my parked car**.



I **make sure** vulnerable people around me (babies, older people, etc.) stay hydrated and protected.

IF I SEE SOMEONE
COLLAPSE,
I CALL 112



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