



# HEATWAVE ALERT



## Drink water and keep cool



Avoid  
alcohol



Eat  
enough



Keep blinds and shutters  
closed during the day,  
leave your windows  
open at night



Spray  
yourself  
with water

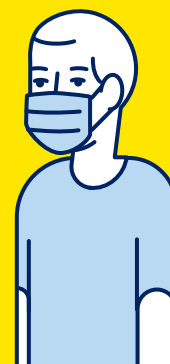


Keep in touch  
with friends  
and family

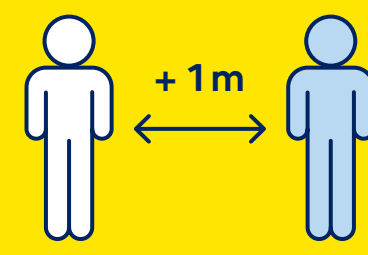
 **Continue to apply all the protective measures against COVID-19**



Wash your hands regularly



Wear a mask



Keep one metre apart

**IF YOU FEEL FAINT,  
CALL 15**

For more information:  
**0 800 06 66 66** (free)  
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