



## **HEAT WAVE, VERY HIGH TEMPERATURES**

TIPS TO HELP YOU COPE



During a heat wave  
**your health is at risk,  
what are the warning signs?**



Cramps



Unusual tiredness



Headaches



Fever > 38°C



Dizziness/Nausea



Speaking incoherently

┌ If you see someone who  
is unwell, **dial 15.** └

### **WHAT YOU SHOULD KNOW**

Anyone over the age of 60 or with a handicap, is entitled to personalised support. You simply need to contact your mairie (town hall) or the CCAS (Centre Communal d'Action Sociale - Centre for Social Action).

During a heat wave  
**What should you do or avoid doing?**



**DRINK WATER  
REGULARLY**



**Moisten your skin  
with water  
and use a fan**



**Ensure you eat  
sufficiently**



**Avoid strenuous  
activities**



**Avoid drinking  
alcohol**



**Keep your home cool:  
keep the shutters  
closed during the day**



**Keep in touch  
with friends and  
family**

**WARNING!**

You are particularly at risk if **you are pregnant**, **have a baby** or **are a senior**. If **you are taking any medication**: ask the advice of your doctor or your pharmacist.

# What is a **heat wave**?

Your health may be in danger when:



**The weather is very hot.**



**The temperature doesn't drop,  
or drops very little, at night.**



**It lasts for 3 days or longer.**



IF YOU FEEL UNWELL, **DIAL 15**

**FOR FURTHER INFORMATION:** 0 800 06 66 66 (free)

[www.meteo.fr](http://www.meteo.fr) to check the weather forecast and vigilance maps

[www.social-sante.gouv.fr/canicule](http://www.social-sante.gouv.fr/canicule) • [#canicule](https://twitter.com/canicule)