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 from a landline)
www.meteo.fr to check the weather forecast and vigilance maps
www.sante.gouv.fr/canicule

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

Drink water regularly
- Keep in touch with friends and family
- Ensure you eat sufficiently
- Avoid drinking alcohol
- Avoid strenuous activities
- Keep your home cool: keep the shutters closed during the day

During a heat wave
What are the warning signs?

- Cramps
- Unusual tiredness
- Headaches
- Fever > 38°C
- Dizziness/Nausea
- Speaking incoherently
- Unusual tiredness
- Headaches

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).

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.