



RÉPUBLIQUE  
FRANÇAISE

*Liberté  
Égalité  
Fraternité*



# Don't wait for the first signs of the heatwave.



HEADACHE



CRAMP



NAUSEA

## Protect yourself



KEEP COOL



DRINK WATER

**IF YOU FEEL FAINT,  
CALL 15**

For more information:  
**0 800 06 66 66** (free)  
[meteo.fr](https://www.meteo.fr) • [#canicule](https://twitter.com/canicule)

\*Heatwave info service toll-free number: 0800 06 66 66.  
Only available during heatwaves



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