

How to Beat the Summer Heat

Drink a lot

Drink one glass of water or non-alcoholic drink every hour.



Keep out of the sun

Avoid direct sun between 11 a.m. and 3 p.m.

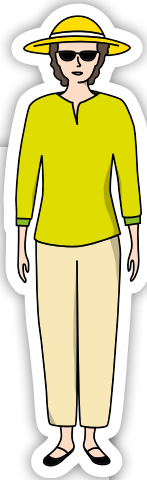


Choose adequate clothing

Put on

- light-coloured,
- loose-fitting and
- lightweight clothes.

Protect your eyes and head.
Wear sunglasses and a hat.



Cool down

- Cool down your body with wet compresses applied on the arms, legs, forehead or neck.
- Keep your flat cool.
- Run important errands in the mornings and evenings.

