

CAUTION : HEATWAVE

GENERALITIES : Heat waves can pose a health risk, especially when the temperature remains high for several days in a row. It is therefore essential to know the warning signals as well as the right actions to adopt during these periods.



Warning signals



CRAMPS



UNUSUAL
TIREDNESS



HEADACHE



FEVER > 38°C



DIZZINESS /
NAUSEA



INCOHERENT
WORDS

WARNING

- If I work outside, **I cover my head.**
- If I take medicines, **I ask my occupational doctor for advice.**

I am particularly concerned if :

- **I am pregnant**
- **I'm over 60 years old**



Good practices



HIGH TEMPERATURES, HEATWAVE GET THE GOOD REFLEXES



WET YOUR BODY AND VENTILATE



IF IT'S POSSIBLE, STAY IN COOL
AND VENTILATED AREAS



GIVE AND TAKE NEWS FROM
YOUR LOVED ONES



DRINK WATER
REGULARLY



EAT ENOUGH



DO NOT DRINK
ALCOHOL



AVOID PHYSICAL
EFFORT

IN CASE OF EMERGENCY,

CALL
01 44 32 40 18 (Paris)
018 (Orsay)