## How to get through the summer

## Nine tips for heatwaves





Bavarian Health and Food Safety Authority



## Nine tips for hot weather – how to protect yourself!



Very important: Eat and drink enough\*



Wear light and airy clothes



Ventilate your house either at night or early in the morning

shaded throughout

Keep rooms

the day



Subscribe to and pass on heat warnings (e.g. from the German Weather Service)



Cool your body



Consult your doctor to adjust your medication plan if necessary



Stay in the shade, wear a head covering when in the sun



Carry out activities in the cooler hours

\*If you have certain pre-existing conditions (e.g. if you require dialysis), please discuss how much you are allowed to drink with your doctor.



## www.lagik.bayern.de

Water glasses: © Bildagentur Panther/Media/Iterphoto Lons: Drinks, olothes, medication, blindis, thermometer, shower, clock © Bildagentur Panther/Media/LysenkoA, Parasol © Bildagentur Panther/Media/LysenkoA,