

# How to get through the summer

## Nine tips for heatwaves



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

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|---|---|---|
|  <p>Very important:<br/>Eat and drink<br/>enough*</p>                               |  <p>Ventilate your house<br/>either at night or<br/>early in the morning</p> |  <p>Subscribe to and pass<br/>on heat warnings<br/>(e.g. from the German<br/>Weather Service)</p> |
|  <p>Wear light and<br/>airy clothes</p>   |  <p>Keep rooms<br/>shaded throughout<br/>the day</p>                         |  <p>Cool your body</p>  |
|  <p>Consult your<br/>doctor to adjust your<br/>medication plan if<br/>necessary</p> |  <p>Stay in the shade,<br/>wear a head<br/>covering when<br/>in the sun</p>  |  <p>Carry out activities in<br/>the cooler hours</p>  |

\*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.