



# **Heatwaves, extreme heat**

**Protect yourself  
before the first effects**

# What are the effects of heat?



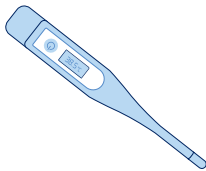
**Cramps**



**Unusual fatigue**



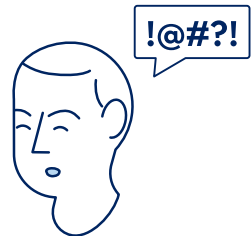
**Headaches**



**Fever >38°C**



**Dizziness /  
Nausea**



**Confused  
statements**

If you see someone feeling unwell, talking incoherently or with a high fever, **call 15**.

## **GOOD TO KNOW**

If you are over 65 or disabled you can receive personalised support. Just contact the local council ("mairie") or Social Action Centre (Centre Communal d'Action Sociale – CCAS).

# How can I protect myself?



**Stay out of the heat**  
at home or in a cool place



**Drink water**  
without waiting to be thirsty



**Keep your skin wet**



**Close the shutters and windows**



**Choose gentle activities**



**Eat fresh food and balanced meals**



**Avoid drinking alcohol**



**Check up on vulnerable friends and family**

## WARNING

You are particularly concerned if **you're pregnant**, if **you have a baby** or if **you are an elderly person**. If **you take medication**: ask a doctor or pharmacist for advice.

# What is a heatwave?



Very hot weather.



The temperature does not fall at night, or very little.



It lasts 3 days or more.

If you feel unwell **CALL 15**



DT08-033-24DE

**FOR MORE INFORMATION:** 0 800 06 66 66\* (free call)  
<https://sante.gouv.fr>

[www.meteo.fr](http://www.meteo.fr) to consult the weather forecast  
and the alert map

\*Heatwave info line 0800 06 66 66, free call and service. Open only during hot weather.