

THE HEAT IS DEADLY PREVENTION IS VITAL

- ❌ **Avoid physical activity and sports** during the hottest hours (from 12 to 4 pm).
- ✅ Find shade, **cover your head** and wear light clothing and light colors.
- ✅ **Drink lots of water**, even when you are not thirsty.
- ✅ **Eat light meals.**
- ❌ **Avoid alcoholic beverages** and caffeine.
- ❌ Don't leave children, elderly or animals inside a **car with the windows shut.**
- ✅ **Close windows and blinds** during the hottest hours of the day.
- ✅ Always put on **sun protection**, even when not in direct sunlight.

IF YOU EXPERIENCE
ANY SYMPTOMS
OR DISCOMFORT,
CONTACT 112


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