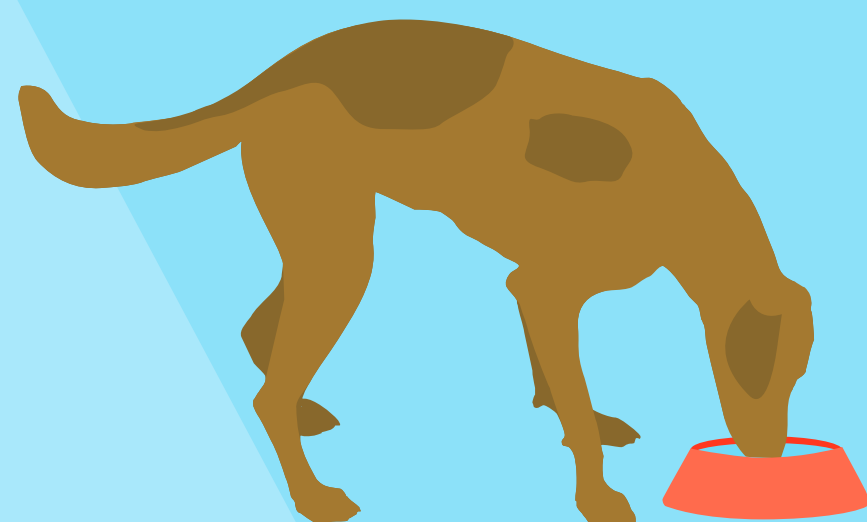
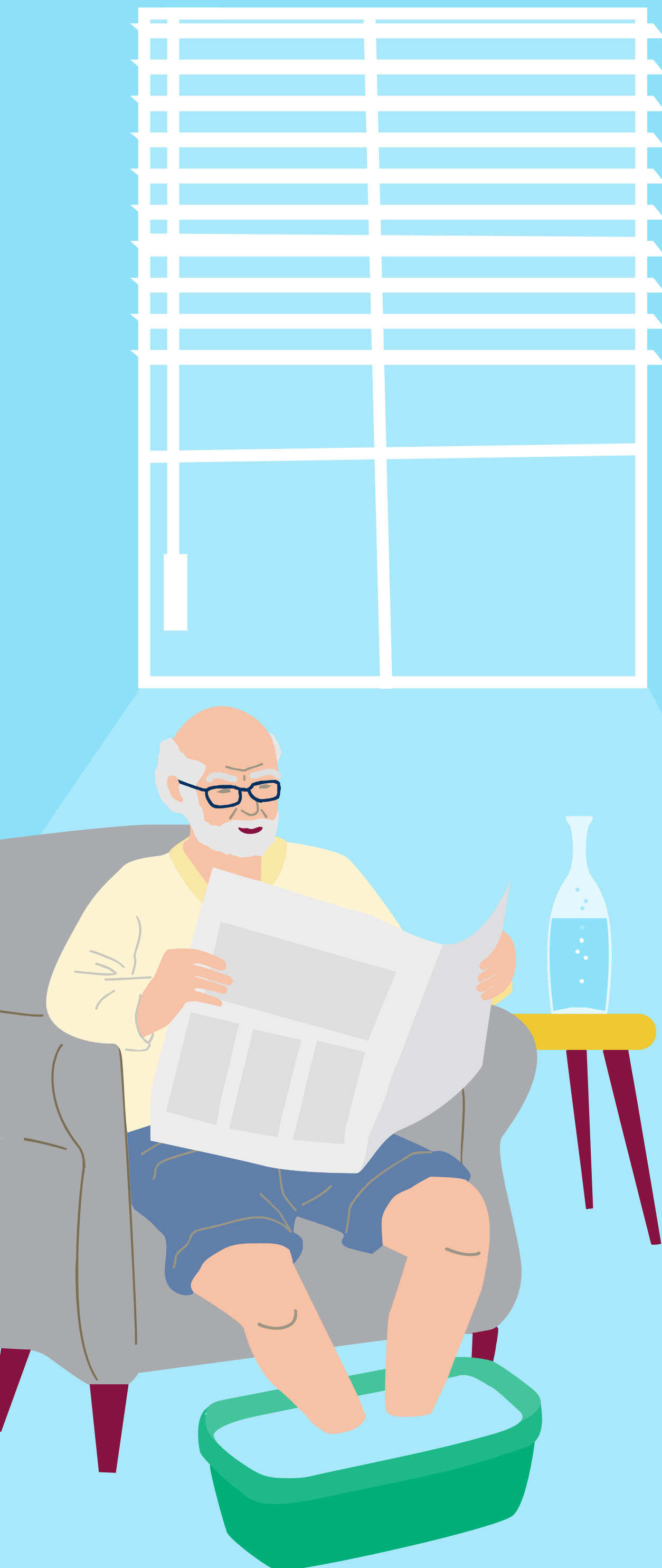




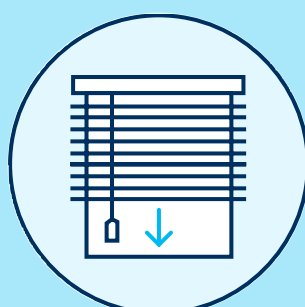
Sun. Heat. Protection!

Stay cool on
hot days



Drink a lot

Place water, juice spritzers or unsweetened teas in a clearly visible place



Shade during the day

Close shutters, blinds or curtains early



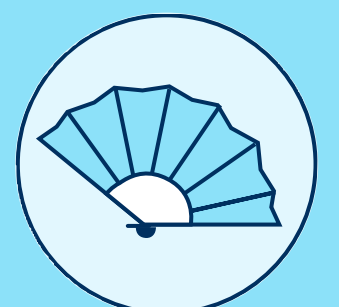
Eat light meals

Fresh fruit and vegetables, cold soups, small portions



Ventilate at night

Open windows if it is cooler outside than inside



Cooling the body

Create a light breeze, take a foot bath or apply damp cloths



More information
on behaviour in hot weather:
www.lzg.nrw.de/hitzeinfo



www.hamm.de/hitze



Stadt Hamm
Health Department and Environmental Department
(Gesundheitsamt und Umweltamt)

www.nrw.de