



Sun. Heat. Protection!

Strong together
on hot days



Remember to drink

Drink plenty of water, juice
spritzers or unsweetened teas



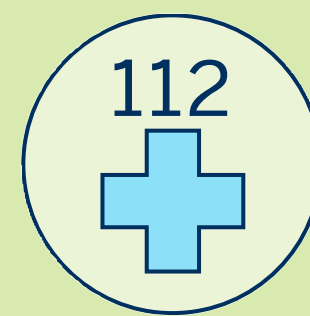
Offer help

Take care of errands for the elderly,
pregnant people or sick people



Inform others

Stay in touch and pass on
heat tips



Use the emergency number

Be alert and call an ambulance
in an emergency



Eat light meals

Fresh fruit and vegetables,
cold soups, small portions



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