



Sun. Heat. Protection!

Out and about
on hot days



Cover your head

Wear a sun hat and
sunglasses



Protect your skin

Use sun cream with a high
sun protection factor



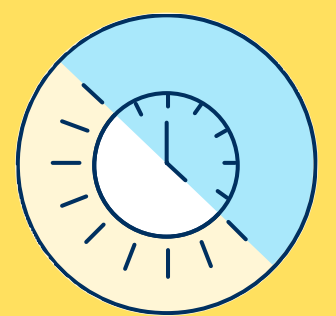
Drink a lot

Take plenty of water with you
and refill on the go



Stay in the shade

Stay under trees, in parks or
in cool buildings



Avoid the midday heat

Only go outside in the morn-
ing and evening if possible



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



www.hamm.de/hitze

elephantastisch
Hamm:

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

www.nrw.de