

Enjoy summer in a healthy way

#Heatwave



Keep the house cool and ventilated



Avoid direct exposure to the sun between 12:00 a.m. and 4:00 p.m.



Use adequate protective sunscreen products



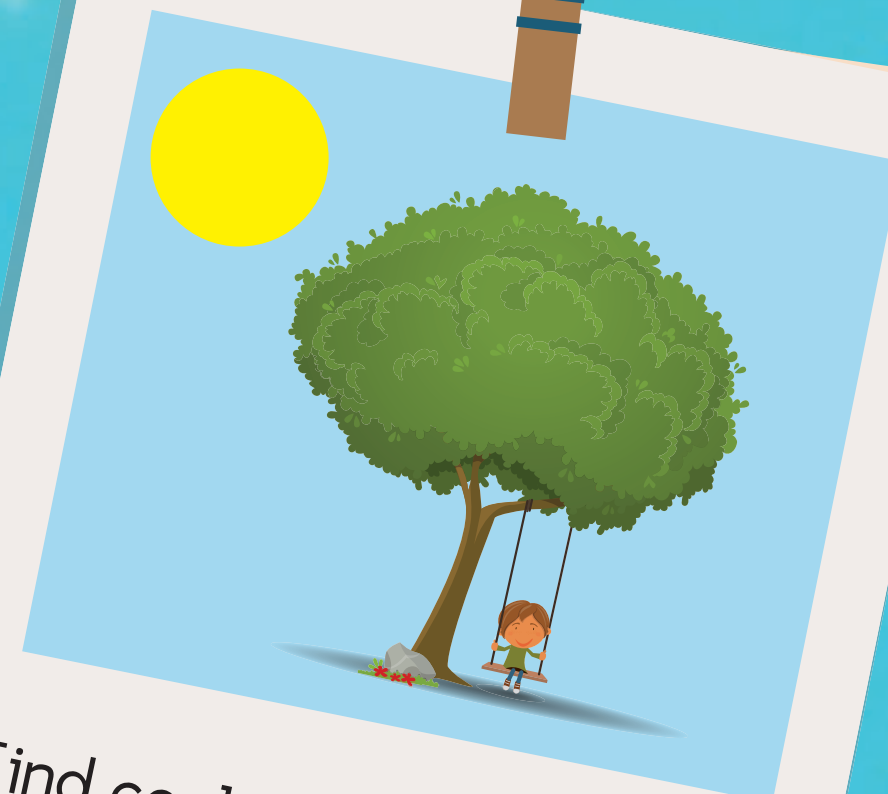
Keep the elderly, children and the sick safe



Eat plenty of salads, fruits and vegetables



Don't let anyone stay in the car, not even your pet



Find cool and shady places



Drink plenty of water and cut out alcohol and caffeine



Work out in the least hot hours of the day

For more information:
<http://www.sp.san.gva.es/calor>



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