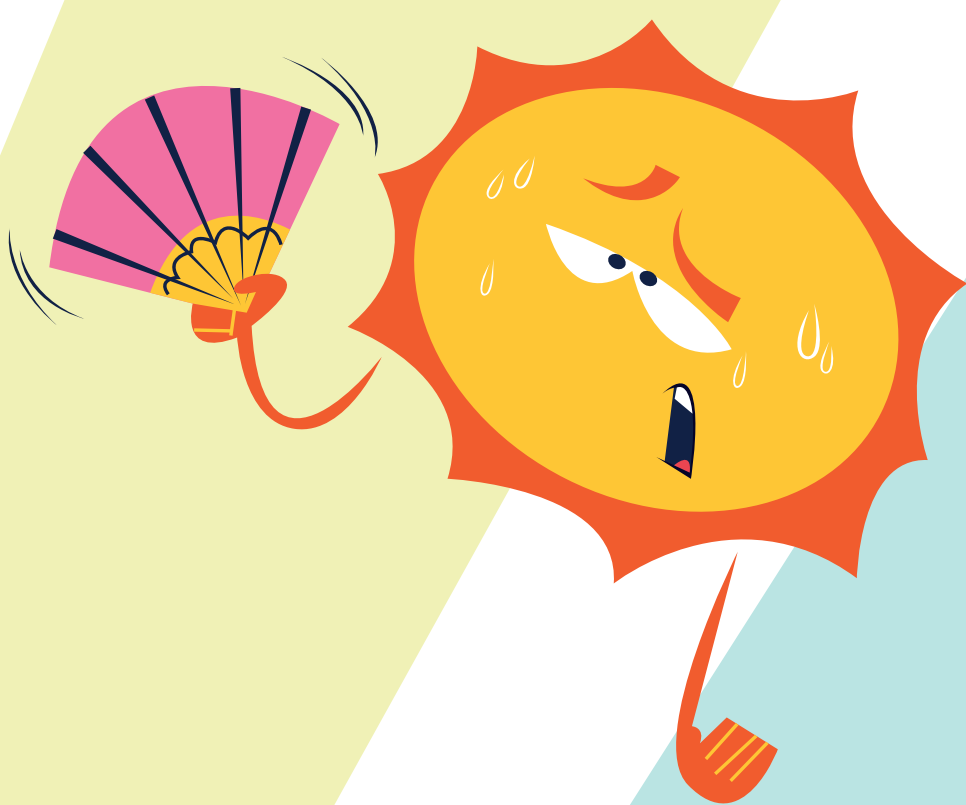


DON'T GET SWEEPED AWAY BY THE HEAT WAVE PROTECT YOURSELF

#OLADECALOR



Avoid exercising at peak hours



Avoid direct exposure to sunlight between 12 and 5 P.M.



Apply sunscreen



Do not leave anyone inside your vehicle, not even your pet



Keep your house cool and ventilated



Eat plenty of salads, fruits and vegetables



Take care of the elders, children and vulnerable people



Drink plenty of water, unless recommended by your doctor otherwise. Avoid alcohol and caffeine



Look for shady and cool spots



More information



GENERALITAT VALENCIANA
Conselleria de Sanidad