



# Sun. Heat. Protection!

Strong together  
on hot days



#### Remember to drink

Drink plenty of water, juice  
spritzers or unsweetened teas



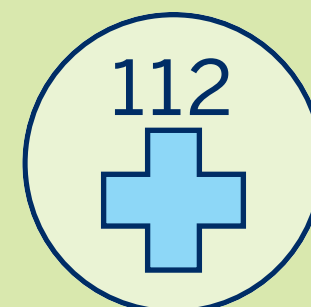
#### Offer help

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](http://www.lzg.nrw.de/hitzeinfo)