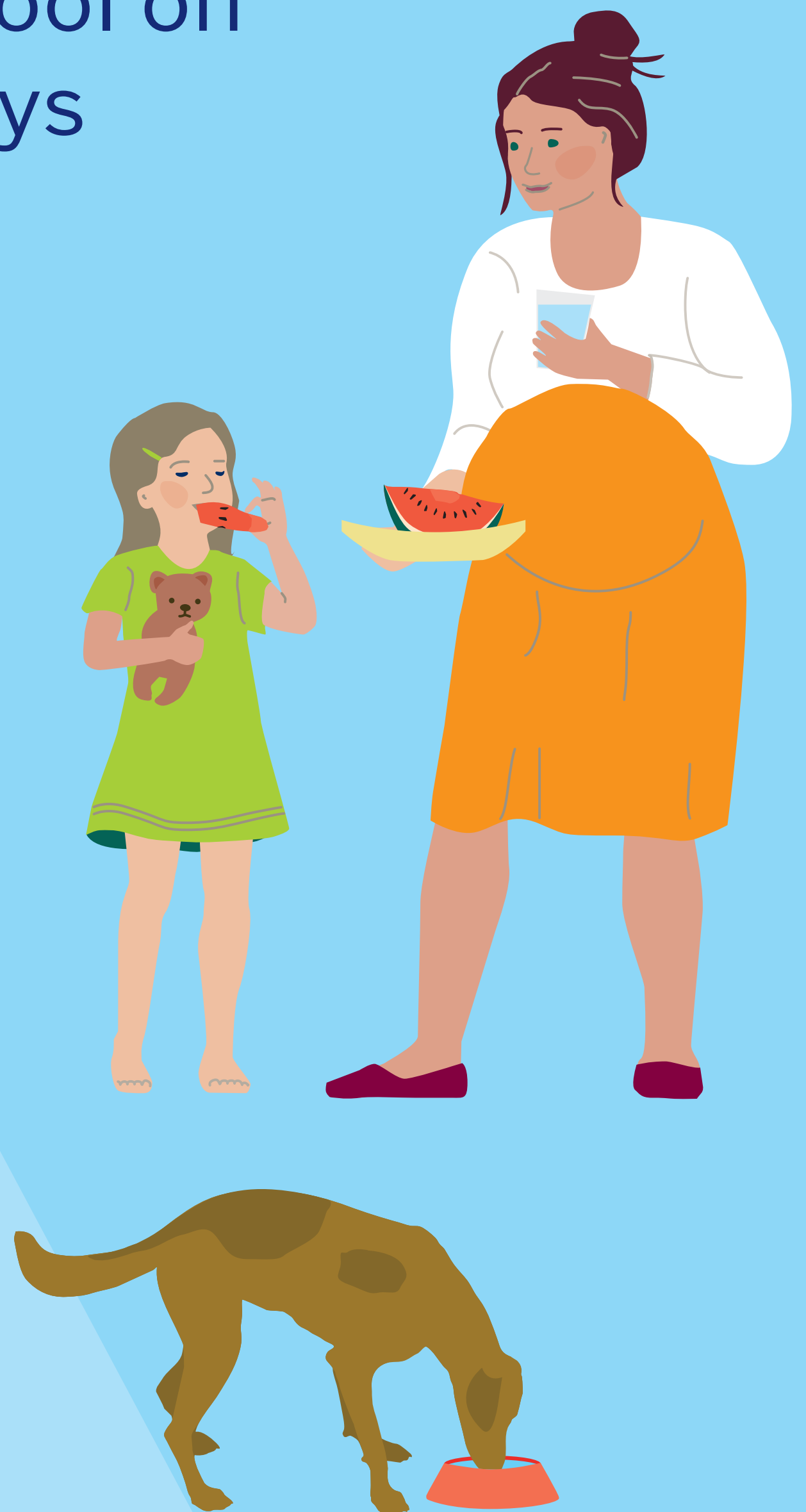
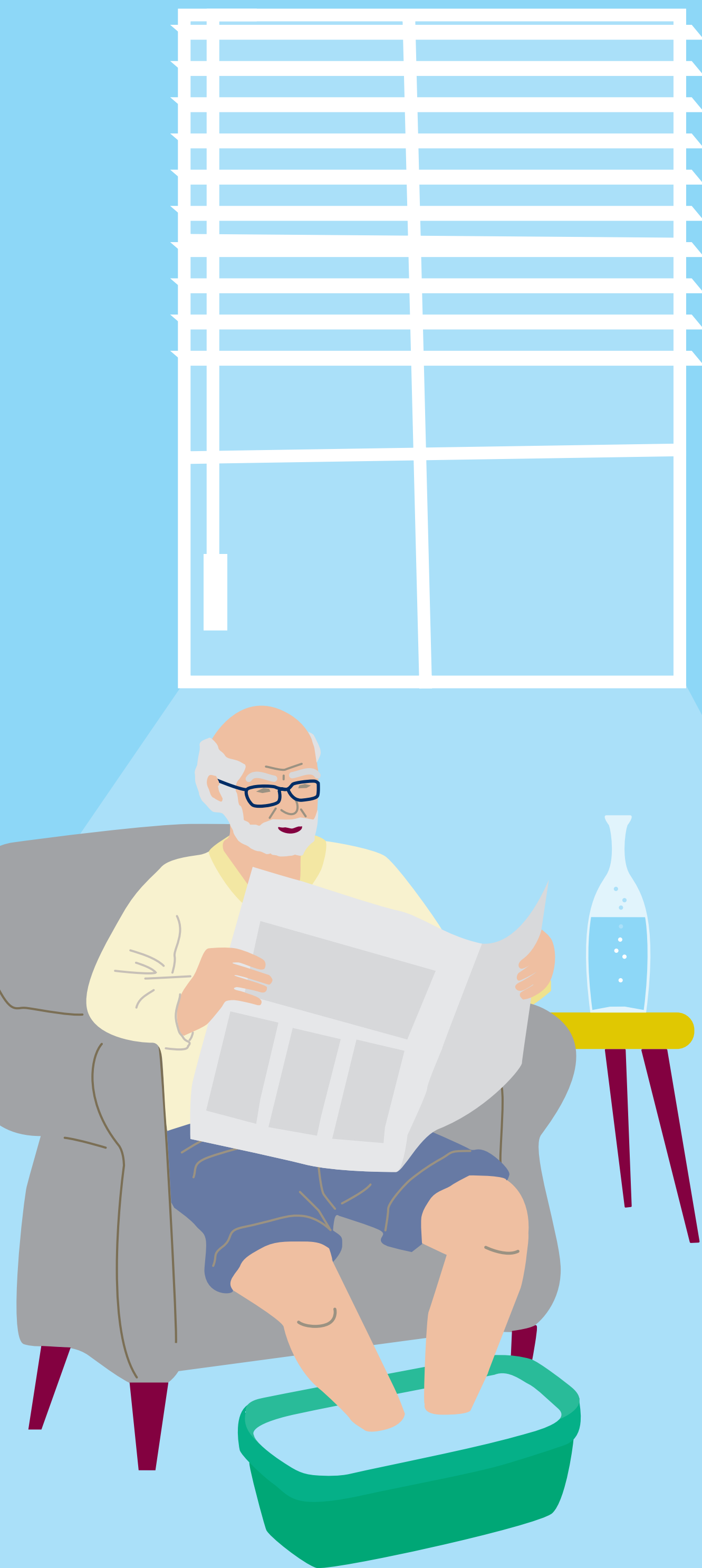




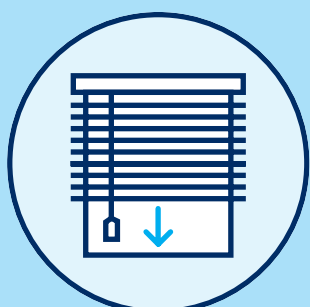
# Sun. Heat. Protection!

## Stay cool on hot days



### Drink a lot

Place water, juice spritzers or unsweetened teas in a clearly visible place



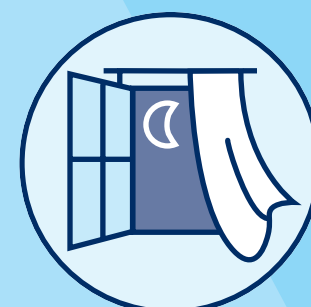
### Shade during the day

Close shutters, blinds or curtains early



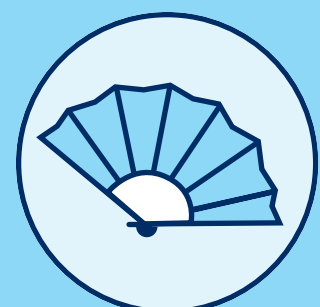
### Eat light meals

Fresh fruit and vegetables, cold soups, small portions



### Ventilate at night

Open windows if it is cooler outside than inside



### Cooling the body

Create a light breeze, take a foot bath or apply damp cloths



More information  
on behaviour in hot weather:  
[www.hitze.nrw.de](http://www.hitze.nrw.de)