



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.hitze.nrw.de