

# Three golden rules for hot days

How to safeguard yourself and your loved ones during hot weather. Hot weather can impact your health, especially for older and (chronically) ill people, pregnant women, small children, and babies.



**Act with foresight:**  
Pay attention to the heat warnings from MeteoSwiss



## Avoid physical exertion



Take it easy, especially during the hottest part of the day, and stay in the shade.



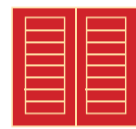
Consume salty foods and beverages after sweating.



Cover your skin with clothing and apply sunscreen regularly when you are outside.



## Keep the heat away, cool your body



Close the windows during the day and keep the sun out, open them at night and early in the morning.



Cool your body with cool showers, cold cloths on your forehead and neck, and cold foot and hand baths.



Wear light, loose-fitting clothing made of natural materials.



## Drink plenty, eat light, adjust medication



Drink regularly (at least 1.5 liters per day) and avoid sweetened and alcoholic beverages.



Eat fruits and vegetables with high water content, and avoid fatty and hard-to-digest foods. Consult a specialist about your diet.



Discuss your medication dosage with a specialist.

## Possible consequences of heat

- Weakness
- Confusion
- Dizziness
- Headache
- Muscle cramps
- Dry mouth
- Nausea
- Vomiting
- Diarrhoea

## Take action immediately!

- Drink plenty of fluids
- Cool your body
- Move to a shady or cool area
- Lie down
- Call a doctor or 144!