

# STAY SAFE IN THE HEAT

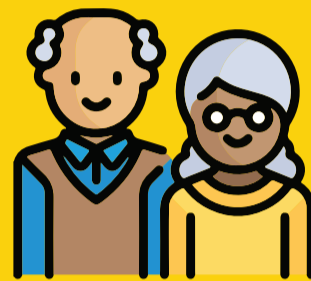
## KEEP OUT OF THE HEAT

Stay indoors and in a cool place during the hottest time of the day.



## HELP OTHERS

Check on older adults, infants and young children and those suffering from chronic conditions.



## STAY HYDRATED

Drink plenty of water even if you are not thirsty. Avoid alcohol and caffeine.

## SEEK MEDICAL ADVICE

If you experience any heat related symptoms, like dizziness, nausea, vomiting and muscle cramps, call 21 231 231.

## KEEP YOUR HOME COOL

Close windows & shutters/blinds during the day and open them when it is cooler.



## WEAR LIGHT LOOSE CLOTHES

Walk in the shade, apply sunscreen and wear a hat if you go outside.

## EAT LIGHT MEALS

Eat hydrating foods like watermelon and cucumbers.

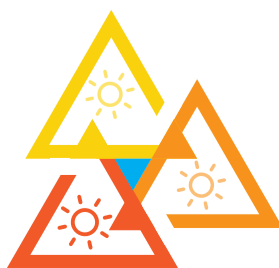


## SLOW DOWN

Plan your physical activities for the coolest time of the day.



GOVERNMENT OF MALTA  
MINISTRY FOR HEALTH  
AND ACTIVE AGEING



BEAT THE  
HEAT

Health Promotion & Disease  
Prevention Directorate