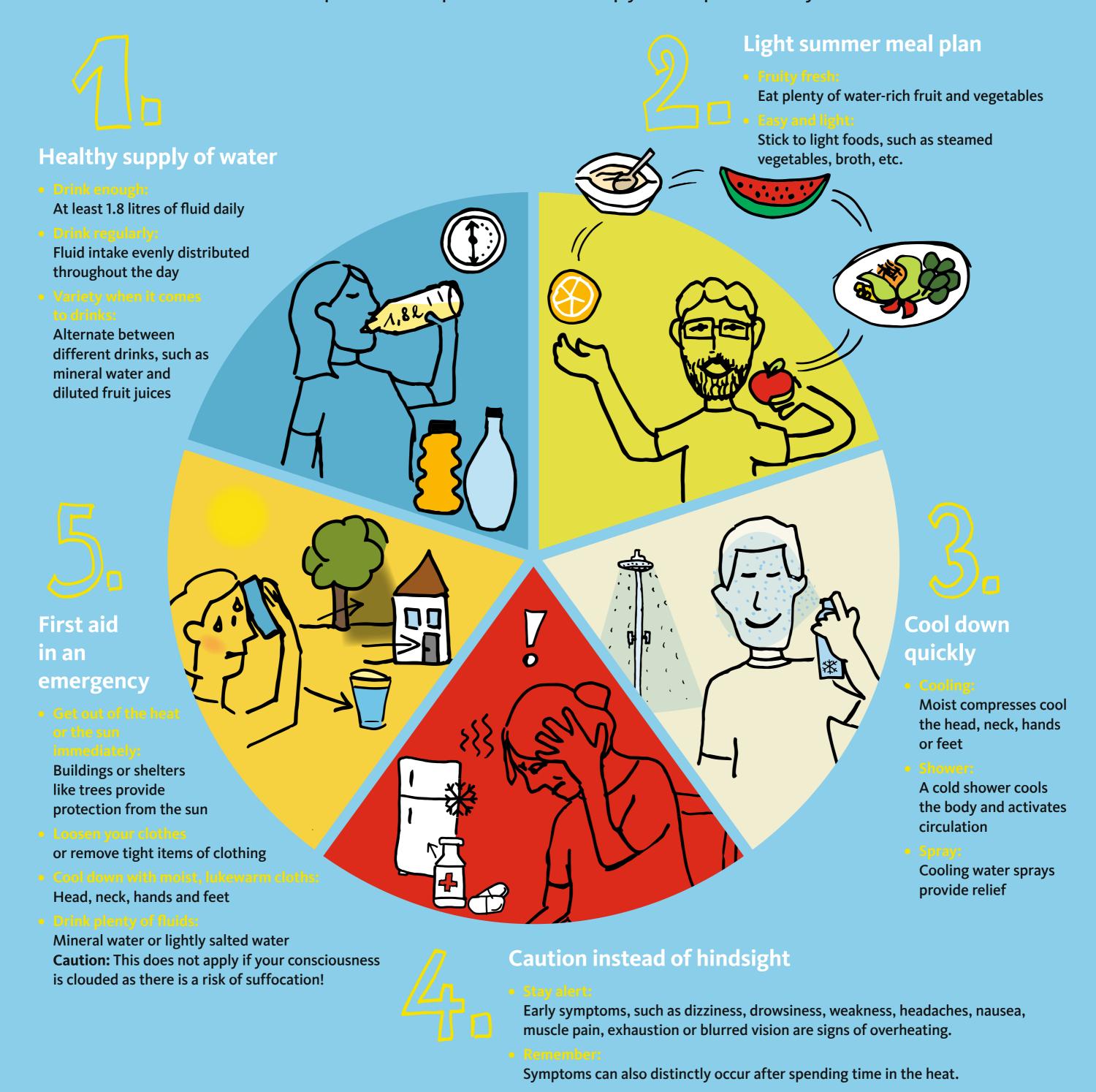
Keep a cool head

5 practical tips against heat

Prolonged periods of hot weather can be very physically demanding and can lead to serious health problems. Simple measures will help you to cope on hot days.



Other helpful tips to combat the heat

- Stay in the shade or in air-conditioned buildings
- Carry out unavoidable activities in the morning, if possible
- Wear light, loose clothing and protect yourself with sun protection
- Find out about the current weather situation and weather forecasts in the local news



pharmacy for advice.

Strong temperature fluctuations can influence the effectiveness of certain

medications. Pay attention to the specified storage temperatures or ask your





