

# Throw shade on heat this summer



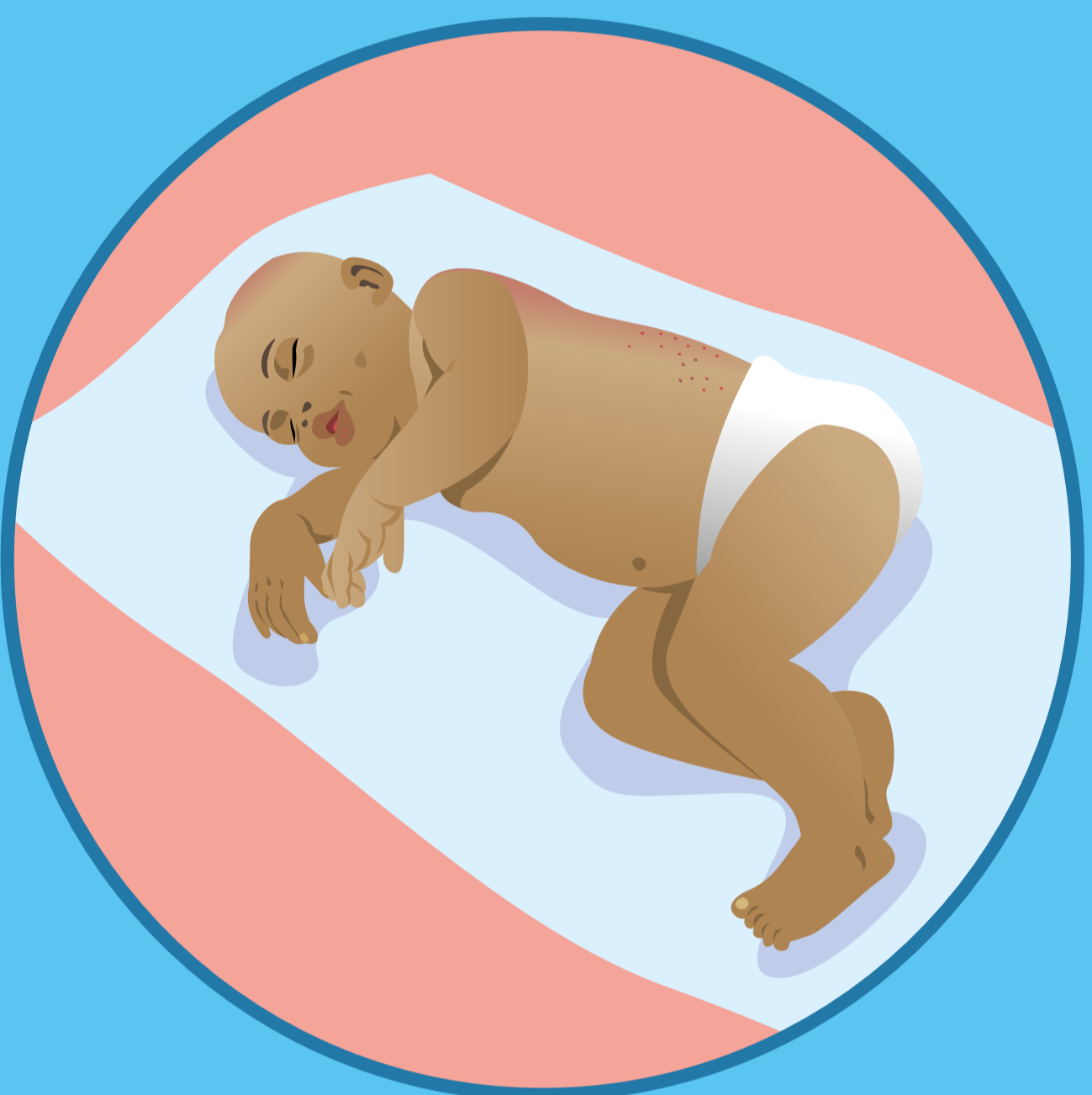
Take a water bottle with you everywhere.



Overdressed? Wear loose, light clothing.



Open windows while you are travelling.



Look out for signs of illnesses caused by heat.



Open an umbrella or wear a hat.



Take care of babies, our elderly and others who ask for help.

