

DURING HOT WEATHER, LET US SHOW SOLIDARITY!



Pay particular attention to the most vulnerable people

- Babies and young children,
- Older people,
- Chronically ill people,
- Isolated people.

Some tips:



Regularly hydrate yourself. Drink at least 1,5L (water, tea, herbal teas, etc.). As a reminder, tap water is perfectly drinkable.



Stay inside as much as possible during the hottest hours of the day (11 a.m. - 3 p.m.). Close the shutters or drapes during the day and ventilate at night.



Stay in the shade as much as possible.



Remember to wear a hat, sunglasses and to put on sunscreen to your children.



Regularly check in on the most vulnerable people you know.



Avoid drinking alcohol and sugary drinks.



Never leave a person alone or pet in a parked car.



VERVIERS

Do not remain isolated and do not hesitate to seek help from your municipal administration!

If you live alone, ask someone in your family to check in on you regularly.

If you are a citizen of Verviers, you can also register on the calling list of our municipal administration if you wish to be called regularly.

For any information, you can contact the Health Service at 087 325 397 or sante@verviers.be