8 TIPS FOR
coping with a heatwave during COVID-19

1 Drink lots of water and eat light meals: opt for fresh fruit, salads and vegetables.

2 Wear loose, lightweight clothing in light colours.
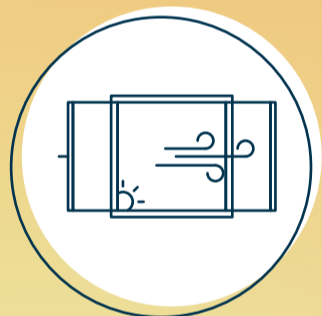
3 When outdoors, protect yourself from the sun: wear sunglasses and a sun hat and use sun cream.

**4** Adapt your work pattern to the heat and avoid intense physical activity during the hottest hours.

5 Open windows at night and early in the morning. During the day, regularly air your office for ten minutes (perform a CARA simulation to help reduce the risk: http://cern.ch/cara). Inside buildings, open doors to keep fresh air circulating.

6 Use a pedestal fan placed near an open window, and keep doors open to increase air circulation. Do not use unapproved air purifiers
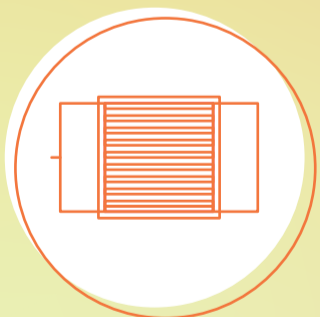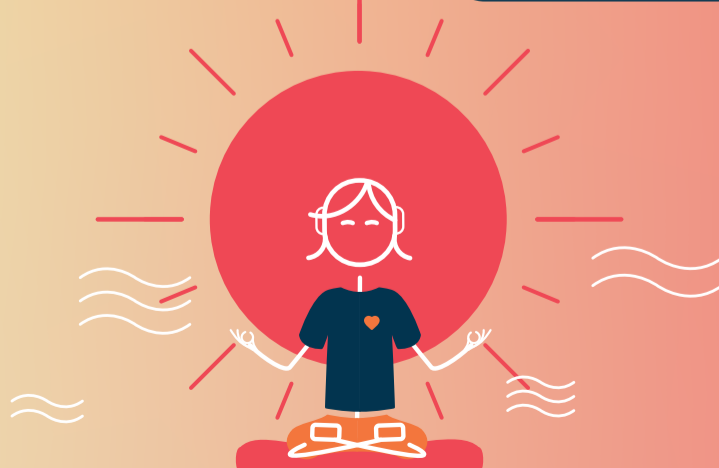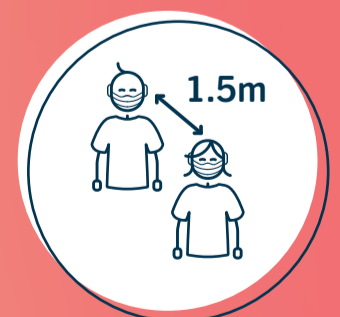
7 Close the blinds to keep out direct sunlight.

8 Observe the preventive measures put in place to combat COVID-19.

1.5m

If you feel unwell, stop working and call **74444**

If you need any advice, please don't hesitate to contact us at
+41 22 767 31 86 / medical.service@cern.ch