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.

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