



*Ministero della Salute*

**LET'S PROTECT  
OURSELVES**

FROM THE *heat*

**10 SIMPLE RULES  
FOR A SAFE SUMMER**



01



**Let's avoid going out during the hottest hours:**

protect especially children and elderly by avoiding direct exposure to the sun during the hottest hours of the day.

02



**Let's protect ourselves at home and at work:**

the simplest measure is window screening with curtains that block the passage of light, but not of air. The use of air conditioning is also useful, but too low temperatures should be avoided (no more than 5° C compared to outside). It's important to ensure periodic cleaning of the filters.

03



**Let's drink at least a litre and a half of water per day:**

drinking plenty of water and eating fresh fruit is an essential measure to counteract heat effects. Let's limit the consumption of beverages with added sugar, coffee and alcoholic drinks.

04



**Let's always follow a proper diet:**

remember to consume 5 servings of fruit and seasonal vegetables per day. Let's moderate the consumption of processed foods containing high levels of fats and let's reduce the seasonings. Let's prefer fresh, easily digestible and water rich foods. Let's limit the use of salt and favour the iodized one.

05



**Let's pay attention to proper food storage:**

Respecting the cold chain is important for food safety.

06



**Let's wear clothes made from natural or that ensure breathability fibres.** When outdoors it's useful to wear light hats to protect your head from the sun. Let's wear glasses with UV filters and apply sunscreens before exposing ourselves to the sun, not just when we are at the sea. The same precautions must be followed by those who work outdoor.

07



**Let's protect ourselves from the heat while traveling:** if we are travelling by car, let's remember to ventilate the passenger compartment avoiding, where possible, the hottest hours of the day and always keep a supply of water close at hand. Never leave babies or pets in the cabin, not even for short periods.

08



**Let's practice physical exercise in the cooler hours of the day.** In any case, if we exercise, let's remember to drink lots of liquids and eat properly.

09



**Let's give assistance to people at increased risk** (such as the elderly living alone, people in distress, etc.) and notify the social and health services of any situation that requires an intervention.

10



**Let's always remember to also protect pets:** let's give them plenty of water also when we are on the road and make stopovers in shaded areas. Let's avoid to walk our dogs in the hottest hours of the day to not make them walk on the hot asphalt.



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**For more information**

**[www.salute.gov.it](http://www.salute.gov.it)**

