



Comunidad
Segura

Protect yourself from the **heat**!

Given the high temperatures we are facing nationwide,
we invite you to follow these recommendations:



Avoid sunbathing between
11:00 a.m. and 4:00 p.m.



Wear light clothes and
light colors



Drink natural water and
avoid drinks with sugar
and caffeine



Stay in the shade and
cool places



Eat fresh food, fruits,
and vegetables



Try not to exercise
in the sun



Wear sunscreen,
sunglasses, a cap or hat

**Check weather forecasts for your area.*

Be alert to the signs of **heat stroke**:

- Headache
- Dizziness
- Nausea and vomiting
- Dehydration
- Hot and dry skin
- Choking sensation

**Pay special attention to infants, older adults, and pets.*

Your safety is our priority.

Learn more: protect.tec.mx/es

ProTect