



Bela krajina

SRČNIH LJUDI

HEATHWAVE

RECOMMODATIONS AND MEASURES



1 Drink plenty of room-temperature fluids. In Bela Krajina tap water is drinkable, you can fill your water bottle in public water fountains, public institutions, and elsewhere.

2 Go on tours and excursions early in the morning or late in the afternoon. Spend the day in the shade or cooler places. Take care of your pets!



3 Take proper measures to protect yourself from strong sunlight and UV rays.

4 We recommend you enjoy light, seasonal, and local food!



5 Never leave anyone in a closed, parked car! In case of heat stroke, immediately call for medical assistance - **112**, and keep the affected person cool at all times!

6 Be cautious when swimming in natural swimming areas and pools, as well as during water sports! Exposure to the sun and rapid cooling can cause a heart attack!

