



HOT

SUMMER... too hot...

TAKE CARE OF YOURSELF

1. **Drink lots of water, soups, sports drinks ..., throughout the day, but avoid alcohol**
2. Take a bottle of water with you when going out.
3. **Limit physical exertion** – or plan activities early in the morning or late in the evening
4. Protect your skin and your eyes : wear a hat and sunglasses, use protective lotion
5. Wear lightweight clothing
6. **Check how medications interact with heat and sun; some medicines make us sensitive to the sun and to heat**
7. Stay as cool as possible. Use electric fans and close the windows to **keep the heat out of the house**
8. At the hottest time of the day, visit a cool air-conditioned place such as a supermarket
9. Keep in touch with relatives and friends
10. Last but not least : **Take a nap**. The less active we are, the less we are stressed by the heat.

BUT ALSO

Take care of your neighbours if they are old and lonely.

Propose to open bottles of water for those who may need help...

Trip to POLAND : 1-7 September

Due to lack of participants the trip was canceled

Corrigendum

For those who are interested in taxation in US and Canada
Please note the correct e-mail address of ACAFI, the association of former international civil
servants at MONTREAL
acafi.cafics@icao.int