



# Stay hydrated

Drink water — even if  
you're not thirsty.

Summer in Spain  
is care season



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE SANIDAD



# Freshen up

Splash some water, stay in the shade,  
wear light clothes.

Summer in Spain  
is care season



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE SANIDAD



# Protect yourself

Go out with a hat, some sunscreen  
and only when it's cooler.

Summer in Spain  
is care season



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE SANIDAD





# Remind others

Share these tips with those around you who have health problems.

Summer in Spain  
is care season



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE SANIDAD





Stay hydrated.  
Freshen up.  
Protect yourself.

Learn about the risks  
of high temperatures  
for people over 65:  
[www.calor.gob.es](http://www.calor.gob.es)

Summer in Spain  
is care season



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE SANIDAD