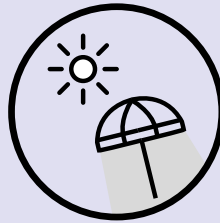


Things to do during a heat wave:



Drink water, even if you are not thirsty. Aim to drink at least 2 liters of water a day. Fill a water bottle as soon as possible.



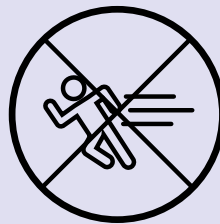
During the day try to stay safe in cool or air-conditioned places: churches, railway stations, shopping centers, libraries, parcs, etc.



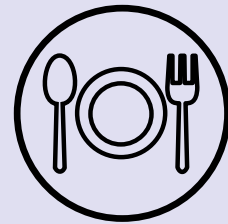
Get closer to the fountains and freshness zone. Wet your body, your face, your forearms.



Avoid drinking alcohol.



Rest and avoid effort.



Try to eat enough fresh food



In the event of heat stroke, if you experience the following symptoms : weakness, dizziness, drowsiness, nausea, fever, sweating. Call 15 !

You will have the advice of a doctor over the phone and, if necessary, the intervention of a medical team.

Water fountains :

- List of public fountains : <https://cartes.lyon.fr/lieux-et-parcours-frais/>
- You can also search **Water Fountain** on [Google map](#)
- You can ask to shops, bars, restaurants, to fill your bottle of water



Cool places :

PUBLIC LIBRARIES : In every district of Lyon

- Part-Dieu** : ☉ Tuesday to saturday 1pm to 7pm. **Closed on thursday august 15.**
 📍 30 boulevard Vivier Merle **M B** Part-Dieu
- Jean-Macé** : ☉ Thursday to friday 1pm-7pm and saturday 10am-1pm. **Closed from august 13 to 17.**
 📍 2 rue Domer **M B** Jean Macé

SHOPPING CENTERS : (Wifi access)

- Part-Dieu** : ☉ Monday to saturday 9:30am to 8pm **M B** Part-Dieu
- Confluence** : ☉ Monday to saturday 10am-8pm and sunday 11am to 7pm **T 1 T 2** Hotel de Région Montrochet



DAY CENTERS : La Maison Rodolphe, Accueil Saint Vincent et Point Accueil Lhaso are open in august (you can find the adresses in the Watzat guide)

BAINS DOUCHES / SHOWERS : ☉ Monday to friday 7:30am to 5:30pm 📍 13 rue Delessert **M B** Stade de Gerland

PARKS : In case of an orange or red heatwave warning, the Tête d'or, Blandan and Gerland parks will be open until midnight.

Download the **WATIZAT guide** : <https://watzat.org/guides-lyon/>

