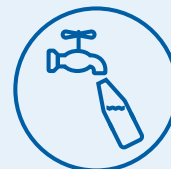


## Things to do during a heat wave:



Drink water, even if you are not thirsty. Aim to drink 3 to 4 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, 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 !

## Islands of freshness :

In case of a heat alarm, the city council of Paris leaves the parks open all night and extends the opening hours of the public shower as well as some ESI.

Fresh islands in Paris are also identified as places of rest, accessible to everyone. Scan the QR code to find them:



If you are in Paris, as an asylum seeker, refugee or undocumented person, this flyer is made for you.

Informations are from a free guide available and updated each month in French, English, Arabic (litteral), Pashto and Dari. It contains useful addresses, advice and legal procedures.

Our texts are written, reviewed and checked by social, asylum and foreigner's right experts.

Follow this link to download it :



# Reception, orientation, administrative support

## ACCUEIL DE JOUR AUSTERLITZ

From 1st-18th July and 26th July-31st August:

🏠 24 quai d'Austerlitz, 75013 Paris

🚇 M 6 Quai de la gare, 1 14 RER C Gare de Lyon

Closed 15th and 16th August.

From 18th-26th July:

🏠 13 rue Santeuil, 75005 Paris

🚇 M 7 Censier-Daubenton M 5 Saint Marcel

🕒 Monday-Friday 9am-4pm, Tuesday 9am-2.30pm.

## ACCUEIL DE JOUR CITE

1st-12th July and from 8th August:

🏠 1 bd. du Palais, 75004 Paris M 4 Cité

15th July-5th August:

🏠 3 bis Cité Aubry, 75020 Paris

🚇 M 2 Alexandre Dumas

🕒 Monday to Friday 9am-4pm.

## HALTE HUMANITAIRE

🏠 2 rue Perrault, 75001 Paris

🚇 M 1 Louvre Rivoli

🕒 Monday to Sunday 9am-6pm

Closed 26th July.

## CEDRE

🏠 23 bd. de la Commanderie, 75019 Paris

🚇 M 7 Porte de la Villette M 12 Aimé Césaire

🕒 Monday, Tuesday and Thursday 9-11am.

Closed 29th July-26th August.

Check the Facebook page for more information:



# Day centers

## ESI AGORA

Adults without children.

🏠 32 rue des Bourdonnais 75001 Paris

🚇 M 4 7 11 14 1 RER B Châtelet-Les Halles

Without appointment:

🕒 Monday to Friday 9am - 12pm

With appointment: 🕒 Monday to Friday 2pm-4pm. Closed on Wednesday afternoons.

## ESI RENÉ COTY

Adults without children.

🏠 6-8 Avenue René Coty, 75014 Paris

🚇 M 6 RER B Denfert-Rochereau

🕒 Monday to Friday 8:30am - 1pm and 2pm

-5pm.

## ESI HALLE SAINT-DIDIER

🏠 23 rue Mesnil, 75016 Paris

🚇 M 6 9 Trocadéro, M 2 Victor-Hugo

🕒 Monday to Friday 8:30am - 12:30pm and 1:30pm -5pm.

## ESI MAISON DU PARTAGE

Adults without children.

🏠 32 rue Bouret, 75019 Paris

🚇 M 2 5 Jaurès

🕒 Monday-Thursday: 8am-12.45pm, 2-4.30pm

🕒 Friday 19th July, 9th and 23rd August: 8am-12.30pm

🕒 Sunday 28th July, 4th and 18th August: 9am-12.45pm and 2-4.30pm

By appointment 🕒 Monday-Friday 2-4pm

## ESI MAISON DANS LA RUE

Adults without children.

🏠 18 rue Picpus, 75012 Paris

🚇 M 2 Nation

🕒 Monday to Friday 8:15am - 4pm (closed on Wednesday morning).

## ESI BONNE NOUVELLE

For families

🏠 9 rue Thorel, 75002 Paris

🚇 M 8 9 Bonne Nouvelle

🕒 Monday to Friday 9:30am-1pm, 2-5pm Closed on Thursday afternoons.

## ESI GEORGETTE AGUTTE

Pregnant women or women with children

🏠 9/11 rue Georgette Agutte, 75018 Paris

🚇 M 13 Guy Moquet

🕒 Tuesday to Saturday 9.15am-4.30pm

🕒 Closed Thursday mornings.

# Shower

## BAINS-DOUCHES PYRÉNÉES

🏠 296 rue des Pyrénées, 75020 Paris

🚇 M 11 Pyrénées

🕒 Monday-Saturday 7:30am-1:30pm

Sunday 8am-12pm. Closed on Wednesday

## BAINS-DOUCHES NEY

🚮 Disabled Access

🏠 134 boulevard Ney, 75018 Paris

🚇 M 4 Porte de Clignancourt

🕒 Monday to Saturday 7:30-11:30am

Sunday 8-11:30am Closed on Thursdays.

## BAINS-DOUCHES DES HAIES

🚮 Disabled Access

🏠 27 rue des Haies, 75020 Paris

🚇 M 9 Buzenval

🕒 Monday-Sunday 7.30am-12.30pm Come early!

## BAINS-DOUCHES MEAUX

🚮 Disabled Access

🏠 18 rue de Meaux, 75019 Paris

🚇 M 2 Colonel Fabien

🕒 Monday to Saturday 7:30am-12:30pm

Sunday 8am-12:30pm Closed on Wednesdays

## BAINS-DOUCHES LES AMIRAUX

🚮 Disabled Access

🏠 6 rue Hermann-Lachapelle, 75018 Paris

🚇 M 4 Simplon T3 Diane Airbus

🕒 Tuesday to Saturday 12-5pm

Numerous drinkable water fountains are available for everyone to hydrate themselves. Scan the QR code to locate them:



# Emergency

## HÔTEL-DIEU

Go to the "Centre diagnostic":

🏠 1 place du Parvis Notre-Dame, 75004 Paris

🚇 M 4 RER B Saint Michel / Cité

🕒 Without appointment at 7:30am, by registration at 11:30am

Access to ophthalmological (eye) and oral-dental PASS on request from a doctor.

Closed 18th July-11th August.

## HÔPITAL LARIBOISIÈRE

PASS general medicine

Ask for «Consultation Arc-en-ciel»

🏠 2 rue Ambroise-Paré 75010 Paris

🚇 M 4 5 RER B Gare du Nord

No appointment needed:

🕒 Monday to Friday at 8am. Come early!

Closed 16th August.

## HÔPITAL PITIÉ SALPÊTRIÈRE

PASS general medicine

🏠 47-83 bd. de l'Hôpital, 75013 Paris

🚇 M 5 Saint-Marcel

🕒 Monday to Friday. Come at 7am to get an appointment between 8:30am and 4:30pm.

✉ [accueil-medint1.pass-pitie@aphp.fr](mailto:accueil-medint1.pass-pitie@aphp.fr)

## HÔPITAL SAINT-ANTOINE

PASS - Medical polyclinic

(specialised in scabies treatment)

🏠 184 rue du Faubourg Saint-Antoine

75012 Paris (Accès par la rue Crozatier).

🚇 M 8 Faidherbe-Chaligny M 2 Nation

Ask for «Polyclinique Baudelaire»

Without appointment:

🕒 Monday to Friday, come at 8am.

☎ 01 49 28 29 50