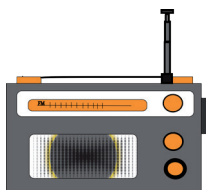


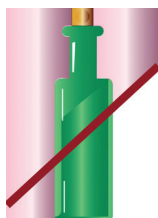
# Intense cold wave

**Stay informed** about weather forecasts and instructions from the authorities.



**Wear appropriate clothing and footwear.** Put on several layers to maintain body heat. Protect yourself with gloves, a hat, and a scarf. Avoid direct cold air entering your lungs. Avoid sudden changes in temperature.

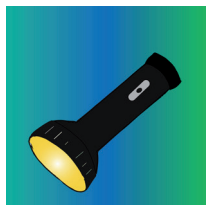
**Keep an eye on your family members** and neighbors, especially the elderly. Avoid taking babies, the elderly, and people with respiratory illnesses outside. If you must go outside, avoid open spaces exposed to the cold and avoid standing still for too long.



**Do not drink alcohol:** it can give you a false sense of warmth.

**Adapt your professional, sporting, and leisure activities outdoors to the cold.** If you do intense physical exercise, you increase the risk of injury.

**At home,** have a transistor radio, spare batteries, flashlights, high-calorie food, fuel for heating, a first aid kit, a minimum supply of medication for people with chronic illnesses, and a supply of water ready.



In isolated areas, in the event of an extreme drop in temperature, keep small trickles of water running from the taps **to prevent the pipes from freezing** and protect the water shut-off valve with rags. You may want to have a minimum supply of water or liquids in case the supply is affected. Turn off automatic sprinklers and avoid wetting the streets.



**Do not use candles.** If this is the only alternative, place them on stable supports to prevent them from falling over. Remember to always extinguish them before going to sleep or leaving the house and prevent children from handling them.

**Monitor boilers and heating appliances:** ventilate for a few minutes every day. Keep children away from stoves, braziers, or fireplaces and do not leave lighters within their reach. Do not dry clothes or other items on top of them. Keep appliances away from curtains, furniture, beds, and mattresses. If they are not working properly or give off a strange smell, do not use them.

If you are in a room with a wood, coal, or gas stove, brazier, or boiler and **you feel dizzy**, ventilate the room immediately. Call 112 if you feel unwell or think you may be suffering from poisoning due to poor combustion, or if you find someone unconscious when you arrive at the property.

**If you have to travel:**



- Check the state of the road network and the routes to follow (weather service, Servei Català de Trànsit, mobility portal, and 012 citizen service).
- Bring warm clothing, a charged cell phone and charger, water, and energy-rich food.
- Only take your vehicle if it is essential.
- Avoid traveling at night.
- Make sure your fuel tank is full and you have snow chains; make sure you know how to fit them.
- Check your tires, antifreeze, battery, lights, and brakes.
- In mountainous areas, use winter tires.
- Be careful of ice patches on the road.
- If you have the car heater on, leave a window slightly open to allow fresh air to circulate.

**If you need help, call 112.**