

WORLD CUP
2026

Enjoy the World Cup: Stay Hydrated!

It's important to drink lots of water and recognize the **signs of heat exhaustion**:

- Dizziness
- Thirst
- Heavy Sweating
- Nausea
- Muscle Cramps
- Fainting

Heat Safety and Hydration Tips

- Drink lots of **water** or sports drinks with **electrolytes**.
- Avoid alcohol.
- Wear lightweight, **light-colored** clothing.
- Apply **sunscreen** (SPF 30 or higher) every two hours.
- Take regular breaks in the **shade**.

