



July 01, 2025

## Global Alerts – Central Zone

### Extreme Heat Wave



#### Affected Areas

Le Mans, Paris, Bourges, Poitiers France

#### Duration

July – July 3, 2025

#### Hazard Types

Intensive Heat wave and high temperature

#### Hazard Summary

Extreme heat is expected across multiple departments. Everyone is at risk, especially the elderly, children, and outdoor workers. Stay hydrated, avoid going out during peak heat hours (11am–9pm), and seek cool environments. Watch for heatstroke symptoms like fever, nausea, and confusion.