SAUNA

Read this before you go in



No alcohol or drugs.

Not before, not during.



Dizzy, sick or sleepy?

Get out. Stand up slowly.



Don’t sauna alone.

Tell someone when you go in.



Children only with an adult.

Heater, stones and metal burn.



Wet floor. Step down slowly.

Benches get slippery too.



Out after _____ minutes.

Cool off and drink water.



Pregnant, ill or on medication?

Ask a doctor first. Medicine patches too.



Nothing on the heater.

No towels, clothes, paper or bucket.

EMERGENCY: CALL 911

This address

Host phone

Heater off switch

Most people at once

Call button or nearest phone

Fill in on screen, print, and hang by the sauna door. It doesn’t replace a notice your code requires. Free to copy, translate and change. SaunaNews.com