



Recomendações para ver o **Rali**



Região Autónoma
da Madeira
Governo Regional

Secretaria Regional
da Saúde
Instituto de Administração
da Saúde, IP-RAM

A photograph of a rally event. In the foreground, a white rally car is driving on a dirt road, kicking up a cloud of dust. A white and red striped caution tape runs across the middle ground. In the background, a large crowd of spectators, including men, women, and children, is gathered on a grassy hillside, watching the race. The sky is bright and overcast.

Use chapéu, óculos de sol (proteção UVA e UVB) e aplique protetor solar (=ou >30).



**Hidrate-se!
Beba água ao
longo do dia.**



**Respeite as
indicações de
segurança da
organização.**