

Precautionary Measures during summer



- Stay cool*
- Remain hydrated*
- Stay informed.*

स्वास्थ्य केंद्र
Health Centre

Heat exhaustion occurs when the body overheats and cannot cool down.

Common presentation:

- Tiredness
- Weakness
- Headache
- Nausea, Vomiting
- Muscle cramps
- Feeling or being sick
- Heavy sweating
- Intense thirst

Heatstroke is where the body is no longer able to cool down and the body temperature becomes very high.

Common presentation:

- Confusion
- Lack of co-ordination
- Fast heartbeat
- Fast breathing or shortness of breath
- Hot skin that is not sweating
- Seizures

Heat wave can get you sick due to exposure to excessive heat if your body can't compensate for it and properly cool you off.

Beat the Heat

SYMPTOMS OF HEAT-RELATED ILLNESSES



Acts or talks confused



Nausea and vomiting



Increased sweating and thirst



Muscle cramps



Fainting, weakness, dizziness



Body temperature rises to 40.5°C (105°F) or higher

स्वास्थ्य केंद्र
Health Centre

Kit to keep you safe

- Water bottle
- Umbrella/ Hat or Cap / Head Cover
- Hand Towel
- Oral Rehydration
- Hand Fan

FIRST AID MEASURES

If you feel dizzy or uneasy



Drink water
to rehydrate



Move to a cooler
place immediately



Loosen clothes
if possible



Sponge
with water



If unconscious do not
forcefeed or give water



Heatwave Essentials

Manage the Heat with Simple Tips & Tricks



Stay indoors and in shaded places, specially in afternoon



If outdoor activities are necessary, schedule them during cooler times of the day, such as mornings and evenings.



Wear thin loose cotton, light-colored clothes to stay comfortable and cool.



Use an umbrella/hat/cap/towel when outside.



Eat seasonal fruits and vegetables with high water content such as watermelon, cucumber, orange, etc.



Drink frequently water and salted drinks - lassi, lemon water, and Oral Rehydration Solution (ORS).



Take frequent cool baths and adopt methods to lower room temperature, including using curtains, fans, etc.



Offer immediate medical assistance to needy by creating a cooler environment, applying cold water sponging, and cloth-wrapped ice packs.



#HeatWavePreparedness

Dos and Don'ts

Beat the Heat



Do's



Stay hydrated



Stay covered



Block direct sunlight



Remain indoors
during 12:00 PM – 4:00 PM

Don'ts



Avoid going out
12:00 PM - 4:00 PM



Avoid strenuous
activity in the sun



Don't leave kids and pets
unattended in vehicles



Avoid alcohol, tea, coffee,
sugary and fizzy drinks



Avoid cooking during
2:00 PM - 4:00 PM



Don't walk barefoot

If you think someone is suffering from the heat exhaustion

KEEP YOUR BODY HYDRATED



Aam Panna the traditional raw mango drink is a perfect thirst quencher for a sultry summer morning

Citrus juices high in vitamin C for replenishing the body electrolytes



Watermelon drink is loaded with nutrients that flush out toxins and keep you hydrated

Buttermilk is one the best home remedies to reduce body heat and fight indigestion.



Coconut water is a delicious, electrolyte-filled, natural beverage



If you think someone is suffering from the heat exhaustion:

Move the person to a cool place under the shade

Wipe her/him with a wet cloth/wash the body frequently. Pour normal temperature water on the head.

Give water or a rehydrating drink (if the person is still conscious), Fan the person.

Consult a doctor if symptoms persist or if the person is unconscious.

Do not give alcohol, caffeine or aerated drink

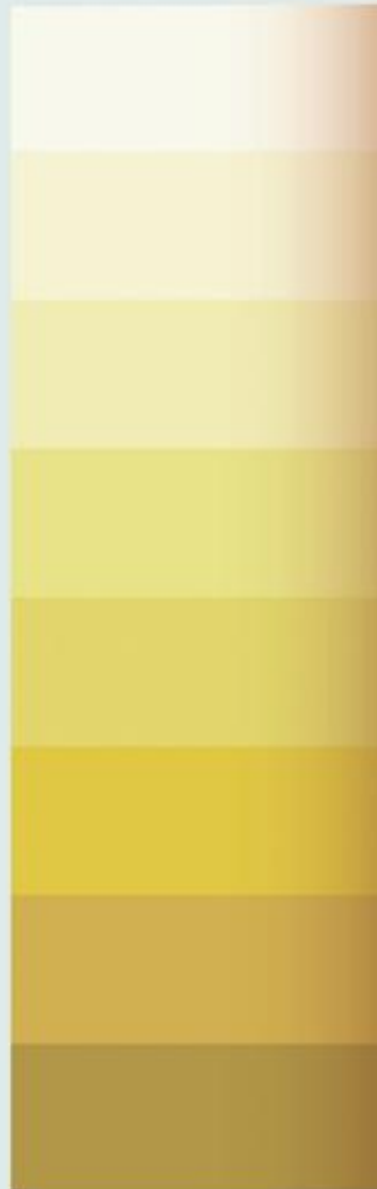
Cool the person by putting a cool wet cloth on his/her face/body Loosen clothes for better ventilation

Am I Drinking Enough Water?

Use this urine colour chart to assess how hydrated you are.



The best way to prevent dehydration is to drink before you get thirsty.



1 to 2: Hydrated

Pale, odourless and plentiful urine is often an indication that you are well hydrated.

Keep drinking at the same rate.

3 to 4: Mildly dehydrated

Slightly darker yellow urine can indicate that you need to drink more water.

Drink a glass of water now.



5 TO 6: DEHYDRATED

Medium-dark yellow urine is often an indication that you are dehydrated.

Drink 2-3 glasses of water now.



7 to 8: Very dehydrated

Darker, strong-smelling urine in small amounts can be a sign of dehydration.

Drink a large bottle of water immediately.



KEEP IN MIND

Certain foods, like beets, vitamin supplements and medications may also change your urine colour even if you drink enough water.



IMPORTANT

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine or have accompanying health issues.

Stay Cool
Stay Safe

Thank You

References

<https://ndma.gov.in/Natural-Hazards/Heat-Wave/Dos-Donts>

https://www.cdc.gov/disasters/extremeheat/heat_guide.html

<https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice/beat-the-heat-staying-safe-in-hot-weather>