

## Stay Safe and cool in this summer



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.

## 5 WAYS TO BEAT THE HEAT IN SUMMER



STAY IN SHADY, COOL PLACE



USE LOOSE CLOTHES



DRINK PLENTY OF WATER



CONSUME FRUITS AND VEGETABLES



EAT NON-STARCHY FOODS

### Do's

- ✚ Stay indoor location as much as you can during afternoons especially between 12.00 noon to 03.00 pm.
- ✚ Use umbrella/ Hat/ Cap/ Headcover if you need to go out
- ✚ Drink plenty of fluids. Don't wait until you are thirsty.  
Carry water with you while going out or travelling.
- ✚ Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrate the body.
- ✚ Schedule outdoor activities carefully.
- ✚ Wear loose, lightweight, light-colored clothing and sunscreen.

- ✚ Use homemade drinks like lemon water, buttermilk, lassi, torani (rice water), etc. or ORS which help to re-hydrate the body.**
- ✚ Pace yourself. Schedule workouts and practices earlier or later in the day when the temperature is cooler.**
- ✚ Take cool showers or baths to cool down.**
- ✚ Check on a friend or neighbour and have someone do the same for you.**
- ✚ Check the local news for health and safety updates.**
- ✚ Seek medical help from nearest health facility if you have symptoms**

## **Kit to keep you safe**

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



*Stay cool*



*Remain hydrated*



*Stay informed.*

## • Don't

- Don't carry out outdoor activities in summer afternoon unless essential.
- Avoid high protein food and do not eat stale food
- Don't drink very cold water/cold drinks.
- Don't wait until you are thirsty, Drink plenty of fluids.
- Don't take showers or baths immediately after coming from hot to cool place. Wait for body to cool down to room temperature.

## Eat Healthy Food

Delicious fruits and veggies make any summer meal healthier.



Healthy eating supports muscles, strengthens bones, and boosts immunity.

### • **Health Impacts of Heat Wave**

**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

**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

## **References:**

- <https://ndma.gov.in/Natural-Hazards/Heat-Wave/Dos-Donts>
- [https://www.cdc.gov/disasters/extremeheat/heat\\_guide.html](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>