DO'S AND DON'TS DURING A HEATWAVE

**DO'S**

- **Drink lots of water**
  - Drink plenty of water, chaas, lassi, and other liquids that help rehydrate the body. Take water with you if you travel or work.

- **Stay Cool**
  - Wear light and loose clothing.
  - Keep your curtains closed at home.
  - Keep your windows open at night.
  - Outdoor workers can use wet towels on the shoulder, neck, and head to keep cool, and should take frequent breaks in shaded areas.
  - Find cool areas like the mosque, temple, parks, shopping malls, public pools.

- **Protect from the sun**
  - Wear a hat.
  - Use sunscreen, sunglasses, and umbrellas, especially during peak hours (12pm-3pm).

- **Check on family & neighbours**
  - Check on family, friends, and neighbors, especially the elderly, children, pregnant women, and women who are breastfeeding.

**DON'TS**

- **Drink alcohol or caffeinated beverages (tea, coffee, etc.)**
  - Alcohol and caffeine make it harder for your body to cool down, and can increase your risk of heat illness.

- **Go outdoors or be overly active between 12pm-3pm**
  - If you need to go outdoors, bring water with you, keep a wet towel and umbrella to protect from the sun, and find shade when possible.
  - Engaging in physical activity or exertion between 12pm-3pm can increase your risk of heat-related illness.

- **Cook during peak hours**
  - Open doors and windows to ventilate the cooking area.

- **Leave children in the car**
  - It can be harder for children to adjust to extreme heat; make sure they drink lots of water.

**HEAT ILLNESS SYMPTOMS**

- Red, hot, dry skin or cold and clammy skin. Nausea or vomiting. Dizziness, headache. Heavy sweating, weakness. Heat rash or muscle cramps. Trouble breathing. Decreased energy.

**WHAT TO DO**

- In an emergency, call 108.
- If you or someone you know has symptoms of heat illness, get to a cool place, remove extra clothes, apply cool, wet cloth and contact a medical professional.

Real time weather information can be found at [http://www.imd.gov.in/pages/heatwave.php](http://www.imd.gov.in/pages/heatwave.php)

Indian Red Cross Society