

DO'S AND DON'TS DURING A

HEATWAVE

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.

DO'S

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.

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.

DON'TS

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>



Indian Red Cross Society