

The health impacts of heat wave can be dangerous as it leads to dehydration, muscle cramps, heat exhaustion and heat stroke.

Here are a few tips (Dos & Don'ts) to keep you safe and healthy from the hot summer.

Dos:

- **Drink sufficient water and as often as possible, even if you are not thirsty.**
- Use ORS, homemade drinks like lassi, rice water, lemon water, buttermilk, etc. which helps to re-hydrate the body.
- Eat fruits with high water content such as watermelon, muskmelon and cucumber.
- While travelling, carry water with you. Always carry water for children.
- Eat home-cooked food if possible, Eat small meals.
- Avoid going out in the sun and strenuous activities, particularly between 12 noon and 3pm.
- Wear lightweight, light colored, loose, and porous cotton clothes. Use protective goggles, umbrella, hat, shoes or chappals while going out in sun & also use a damp cloth on your head, neck, face and limbs.
- Take cool showers or baths, especially before bed.
- Keep your rooms cool by using shades or curtains, open windows at night.
- If you have a medical condition, make sure that you ask your doctor for advice.

Donts:

- Do not drink water from roadside vendors as it may be highly contaminated.
- Avoid alcohol and carbonated soft drinks, which dehydrates the body.
- Avoid having junk food and leftover food.
- Do not wear synthetic clothes.
- Do not stand directly under the sun.
- Do not leave children or pets in parked vehicles
- If you feel faint or ill, see a doctor immediately.

Primary treatment of a person affected by heat & having symptoms such as breathlessness, chest pain, confusion, weakness, dizziness or cramps,

- Lay the person in a cool place, under a shade.

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

The main thing is to bring down the body temperature.

- Give the person ORS to drink or lemon sarbat or whatever is useful to rehydrate the body.
- Take the person immediately to the nearest health centre. The patient needs immediate hospitalization, as heat strokes could be fatal.

This is for your kind information & protection from hot summer.