

TOP TIPS

TO BEAT THE HEAT



Prepare Now:

- Listen to Radio, watch TV, read Newspaper for local heat wave alerts.
- Keep your home cool, cover windows with drapes or shades, add insulation to keep heat out. Try to remain on lower floors.
- Learn to recognize the signs of heat illness.
- Find places in your community where you can go get cool.

Survive During:

- Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- Avoid high-energy activities. Schedule strenuous jobs to cooler times of the day.
- Drink sufficient water- even if not thirsty. Use ORS (Oral Rehydration Solution), homemade drinks like lemon water, buttermilk etc. to keep yourself hydrated.
- Avoid alcohol, tea, coffee and carbonated soft drinks. Avoid high- protein food and do not eat stale food.
- Wear lightweight, light coloured, loose, cotton clothes.
- If you have to go outside then cover your head with a cloth, hat or umbrella. Do not go out barefoot.
- Never leave a child, adult or animal alone inside a vehicle on a warm day.
- Check yourself, family members and neighbours for signs of heat related illness.
- Keep animals in shade and give them plenty of water to drink

Be Safe After:

- If you feel faint or ill, see a doctor immediately.
- Know the signs and ways to treat heat-related illness.
- Heat Cramps: Signs- Muscle pains or spasms in the stomach, arms or legs. Heavy sweating. Actions-Move to cool or shaded place. Take sips of water. Get medical help if cramps last more than an hour.
- Heat Exhaustion: Signs- Heavy sweating, weakness, skin cold, pale, headache, fainting, vomiting. Actions- Get the victim to lie down in a cool place. Loosen or remove clothing. Apply cool, wet cloth. Get medical help if symptoms get worse or last more than an hour
- Heat Stroke: Signs- High body temperature. Hot, dry skin with no sweat. Rapid strong pulse. Possible unconsciousness or altered mental status.
- Actions-Call 108 and 102 ambulance for emergency medical services or take victim to a hospital immediately. Do not give fluid orally if the person is not conscious

