

TOP TIPS TO BEAT THE HEAT

H₂O to go

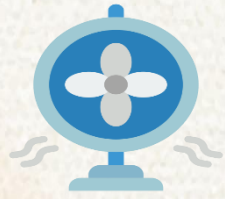
Drink sufficient water-even if not thirsty. Take a bottle of cold water with you when you are about and out.



Avoid

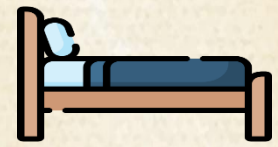
Alcohol, tea, coffee and hot spicy and salty foods can make dehydration worse.

Use ORS (Oral Rehydration Solution) Home made drinks Like Torani Lassi, lemon water Butter milk etc. to Keep yourself hydrated



Be Cool

Make use of fan and air conditioner set to cool



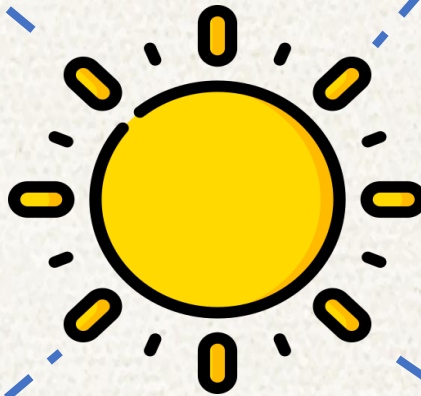
Rest

Make sure you get enough sleep and rest if you feel tired

Dress Down

Wear lightweight, light-coloured loose-fitting clothes

Made from natural fibres, like cotton and linen



Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat/cap, use a cloth or take an umbrella with you for shade if you are outside on a hot day.

Enjoy

Try eating more cold foods, like salads and fruits

They contain water and more refreshing in hot weather than hot foods



- Listen to Radio, watch tv, and read newspapers for local weather news.
- Keep Animals in shade and give them plenty water to drink
- Do not leave children or pets in parked vehicles- as they may get affected by a heat wave

