# HEAT WAVE : Protect yourself with simple precautions

Heat stroke can be dangerous. To minimize its effects, take the following safety measures to prevent serious ailments and exhaustion:

Safety Tips:

- As far as possible, avoid going out in the hot sun, especially during peak hours.
- Drink sufficient water at frequent intervals, even if not thirsty. Always carry drinking water while travelling.
- While going out in sun, wear light colored and loose clothes; use protective goggles; cover your head with a cap or towel and always wear shoes or chappals.
- Avoid strenuous activities in scorching sun, when the outside temperature is high.
- If you have to work outside, use damp cloth or an umbrella to cover your head.
- Eat light meals and fruits rich in water content like melons, cucumber and citrus fruits. Avoid foods that are high in protein, such as meat and nuts, which increase metabolic heat.
- Use home-made beverages like lemon water, butter milk and juices, etc.
- Never leave children and pets alone in parked vehicles.
- Keep animals in shade and give them sufficient water to drink.
- Keep your home cool, use curtains, shutters or sunshade etc. Open windows at night to maintain adequate ventilation.
- Listen to local weather forecasts and be aware of impending temperature changes.
- In case of illness and fainting, consult a doctor/seek immediate medical help.
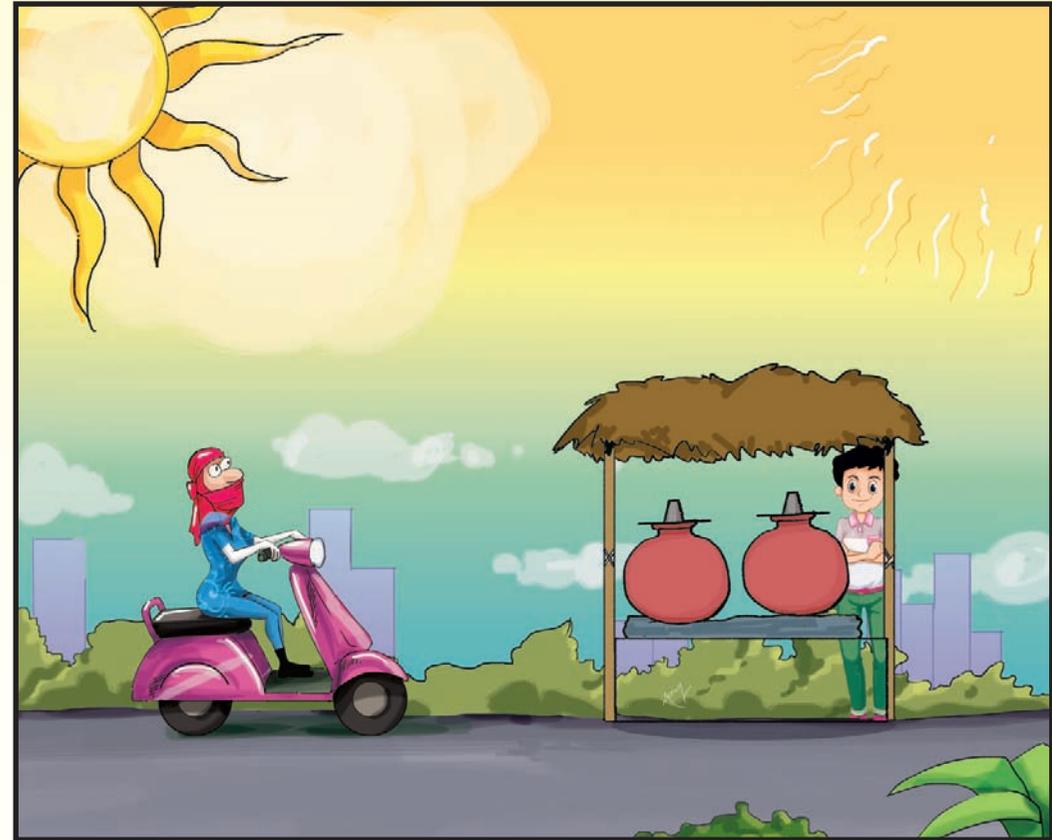
What to do in Heat Stroke:

- Get the person indoors or into a cool/shady area, make him/her lie down with feet slightly elevated.
- Wipe the body with a wet cloth or spray cold water to the skin.
- Give the person ORS/lemon water/salt-sugar solution or juice to re-hydrate the body.
- Do not give anything to eat or drink to a person until he/she is fully conscious.
- Take the person to the nearest health centre if symptoms do not improve in one hour.

For Safety Tips Please visit site: www.nidm.gov.in