

ARE YOU READY?

It's HOT OUTSIDE...!!

Stay HYDRATED

- Drink water frequently
- Carry water during travel
- Consume salted drinks: lemon water, butter milk, lassi, fruit juices or ORS
- Eat fresh fruits: water melon, cucumber, lemon, orange



Stay INDOORS

- Stay at shaded places
- Use window shades, curtains
- Use fans, coolers, AC
- Take cool bath



AVOID

- Sun between 12 pm to 3 pm
- Leaving children in parked vehicle
- Alcohol, Tea, Coffee, Carbonated Soft Drinks



Stay COVERED

- Cover your head - use cloth, hat, umbrella, cap, towel
- Wear light color, loose cotton clothes



PEOPLE AT RISK

With heart disease or high blood pressure



Pregnant Women



Persons working outside



Above 65 years age



Young Children



Infants

CALL 108

in case you feel sick



#BeatTheHeat

Issued in Public Interest:

Centre for Environmental and Occupational Health, Climate Change & Health
National Centre for Disease Control
Ministry of Health & Family Welfare, Government of India



National Centre for
Disease Control
Government of India



National Programme
on Climate Change
and Human Health



World Health
Organization
India

SYMPTOMS OF HEAT-RELATED ILLNESSES



Acts or
talks confused



Nausea and
vomiting



Increased sweating
and thirst



Muscle cramps



Fainting,
weakness,
dizziness



Body temperature
rises to 40.5°C (105°F)
or higher

If symptoms persist, immediately visit
the nearest health centre or call an ambulance





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FIRST AID MEASURES

If you feel dizzy or uneasy



Drink water
to rehydrate



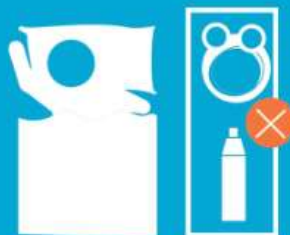
Move to a cooler
place immediately



Loosen clothes
if possible



Sponge
with water



If unconscious do not
forcefeed or give water



If symptoms persist, immediately visit
the nearest health centre or call an ambulance

