



# Are you prepared for the **HEAT WAVE?**

## TAKE THE FOLLOWING PRECAUTIONS

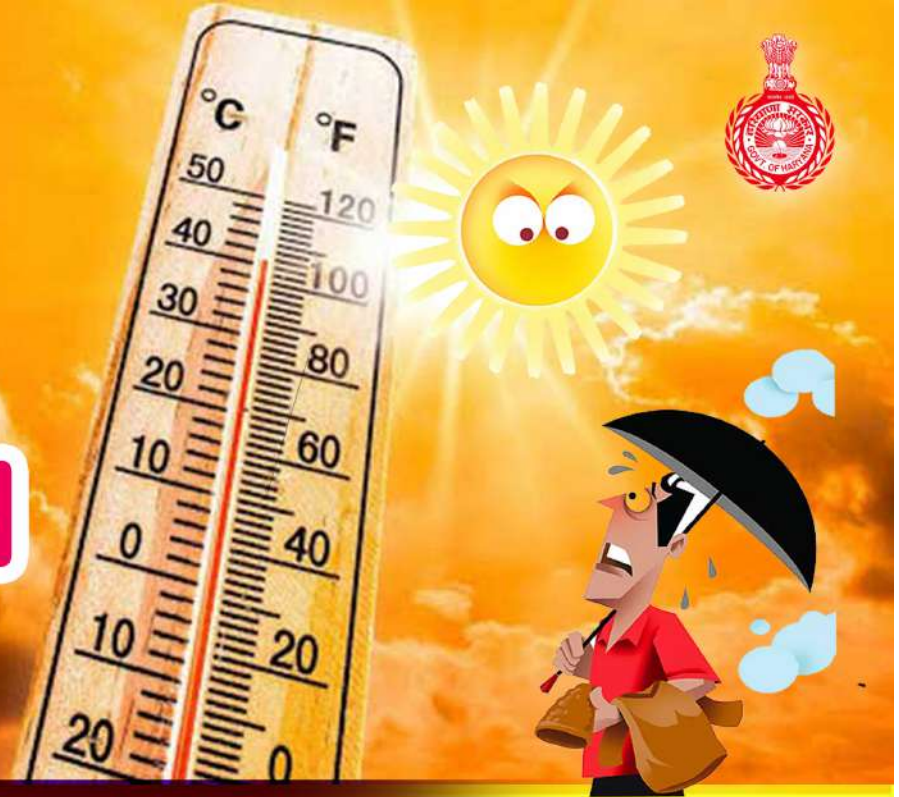
- Listen to Radio; watch TV; read Newspaper for local weather news.
- Drink sufficient water - even if not thirsty.
- Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water) lemon water, buttermilk, etc. to keep yourself hydrated.
- Wear lightweight, light-coloured, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella.
- Keep animals in shade and give them plenty of water to drink.
- Do not leave children or pets in parked vehicles - as they may get affected by Heat Wave.







# AVOID GOING OUT IN THE SUN



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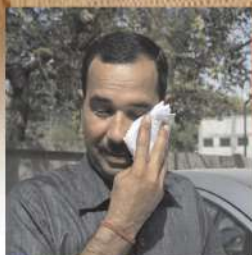




# WORKING OUTDOORS IN HEAT WAVE?



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- Wear lightweight, light-coloured, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella

- Do not go out barefoot
- Use hand fans to give yourself an air of relief every now and then.
- Take small breaks to catch up on some rest.
- Take refuge under a tree/shade. Use hand fans to give yourself an air of relief every now and then.







# LET THEM NOT SWEAT FOR THE WRONG REASONS



## HOW TO PROTECT CHILDREN FROM HEAT WAVE

### Children Should:

- Always carry a bottle of water.  
Drink lemon water/ buttermilk/ coconut water/fresh fruit juice regularly.
- Wear light coloured, lightweight, loose cotton clothes.  
Cover their heads when out in the sun with a cap and an umbrella.
- Avoid junk food during summer.  
Go for fresh fruits, salads and home-cooked meals.?
- Stay out of direct sunlight, especially during peak hours  
from 12 noon to 4 p.m. Play outdoor games in the evenings.
- Take the child to a doctor if he/she complains of dizziness,  
nausea, constant headache, chest pain and breathing problems.







# PROTECT YOUR ANIMALS FROM HEAT WAVE?

## PRECAUTIONS FOR PETS DURING HEAT WAVE

- If possible, bring your pets inside when it is very hot.
- If they can't be left inside, make sure there are some sheltered shady spots in the garden where your pet can rest. Check there will be shade at all times of day, as that will change depending on the position of the sun.
- Don't leave pets in closed garden sheds or garages, as these can heat up very quickly on a hot day.
- Make sure your pets have plenty of clean, fresh water to drink and that it is not placed in the sun.
- Consider having two drinking bowls in case one runs out of water or gets knocked over.
- If you have a dog, avoid walking it in the heat. Take it for a walk in the early morning or evening when it is cooler.
- Don't let your dog walk on hot surfaces (pavements, bitumen roads, hot sand), as their paws are sensitive and can get burnt.
- Never leave pets alone in a car in any circumstance, even if the windows are partly open.







# CARE FOR THE OLD & FRAIL IN THE RISING HEAT



## TAKE THE FOLLOWING PRECAUTIONS

- Check on them twice a day during extreme heat, especially if he/she lives alone.
- Make sure they have access to a phone.
- If they seem to be suffering from heat stress, cool them down.
- Use cool baths, showers, or place wet towels on their neck and underarms.
- Call a doctor or an ambulance after taking steps to cool them down.
- Encourage them to keep a bottle of water with them at all times.

