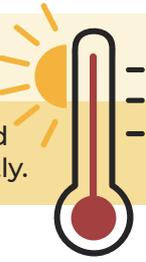


# BEAT THE HEAT THIS SUMMER



**Heatwave:** A period where local excess heat accumulates over a sequence of unusually hot days and nights that can lead to serious health risks. When it's hot and humid, the danger increases significantly.

## What are the symptoms of Heat-Related Illnesses(HRIs):



**Milder symptoms:** Dark colour urine, dry lips, excessive thirst and sweating, rashes, cramps, weakness, small blisters, dizziness, slightly high body temperature.



**Severe symptoms:** Confused and irresponsive, unconsciousness, high body temperature (103°F+) for more than 2 hours, no urine in more than 8 hours, rapid heartbeat and breathing.

## Some of the Heat-Related Illnesses(HRIs):

SEVERITY →

### Heat Rash:

Red pimples or blisters on neck, chest, groin, or creases.



### Heat Cramps:

Muscle pain, after heavy sweating.



### Heat Exhaustion:

Heavy sweating, weakness, pale skin, nausea, fainting.



### Heat Stroke:

Fever (103°F+), hot skin, strong pulse, unconsciousness. Please note that Heat stroke is a medical emergency - call emergency services immediately.



Reach out to the nearest ASHA worker or Anganwadi centre for medical help in case of your notice any of the above given symptoms.

## Protect yourself during this heatwave:



### Reduce temperature:

- Wear light-colored, loose-fitting clothes, preferably cotton
- Use table fans, close the curtains during the day, but keep the windows open to keep the room ventilated
- Avoid direct sunlight and going outside during peak hours (10 AM - 4 PM)
- If working outside is unavoidable, take rest during work under a shade and use a cap or a damp cloth on your neck
- Take bath to reduce the body temperature



### Rehydrate:

- Drink plenty of water, even if not thirsty
- Replenish with ORS or oral rehydration solution
- Avoid alcohol, sugary and caffeinated drinks
- Consume hydrating local vegetables like carrot, cucumber, green leafy vegetables and drinks like coconut water, buttermilk, lassi
- Monitor urine color (should be light yellow)



- Check local weather updates to keep yourself informed about the temperature. Use newspapers, radios, tv channels and social media to keep yourself updated.
- Educate your family and friends about heat related symptoms

## Who's Most at Risk?



Elderly



Infants and young children



Pregnant women



Immuno-compromised individuals (NCDs, HIV, Tb and others)



Outdoor workers such as street vendors, construction workers, and agricultural laborers



People with disabilities



Homeless and economically disadvantaged populations

If you belong to any of these groups or know someone who does, take extra precautions and ensure they are prepared to deal with heat related illnesses.

For more information, you can refer to our "detailed heatwave" advisory on <https://swasti.org/resources>. For further assistance or inquiries, contact us at [contactus@catalysts.org](mailto:contactus@catalysts.org).

**REMEMBER, PREPAREDNESS IS KEY**