


### COOL TIPS

- Stay well hydrated by drinking sufficient water even when not thirsty.

- Consume oral rehydration solutions (ORS), lemon water, buttermilk, and fresh fruit juices.

- Eat seasonal fruits such as  watermelon, cucumbers, and oranges that have high water content.

- Wear light, loose cotton clothing, cover the head while stepping out in the Sun.

Limit outdoor activities, especially between 12 noon and 3 pm.



- Staying indoors in well-ventilated spaces.
- Avoid strenuous work during peak heat hours.
- Stay off alcohol, caffeinated drinks, and oily or spicy food.
- Heat wave could cause symptoms such as dizziness, nausea, high body temperature, rapid heartbeat, and confusion.
- Seek immediate medical attention if such signs appear.