

FIRST AID MEASURES

If you feel dizzy or uneasy

- a) Drink water to rehydrate
- b) Move to a cooler place immediately
- c) Loosen clothes if possible
- d) Sponge with water
- e) If unconscious do not force feed or give water

SYMPTOMS OF HEAT-RELATED ILLNESS

- a) Acts or talks confused
- b) Nausea and vomiting
- c) Increase sweating and thirst
- d) Muscle cramps
- e) Fainting, weakness, dizziness
- f) Body temperature rises to 40.5° C (105° F) or higher

1. Stay hydrated consume drinks which have electrolytes such as Coconut water, ORS, Shikanji etc.
2. Wear loose cotton light coloured clothes.
3. Stay at home between 12:00 noon and 4:00 PM in the afternoon.
4. Do not do heavy exercises in peak summer.
5. Do not consume tea, coffee and sugary aerated drinks.
6. Do not roam about bare foot.
7. Do not leave small children and pets unattended in cars.

Instructions for School

- Ensure supply of water for students and teachers.
- Display posters & distribute pamphlets on prevention of Heat related illness in schools and colleges.
- No open-air class to be conducted.
- Ensuring that students avoid outdoor physical activities.