



Understanding the Rising Heat Risk

Heat waves are becoming more intense and frequent, with temperatures reaching dangerous levels. Prolonged exposure to extreme heat can have serious effects on the body, increasing the risk of dehydration and heat-related illnesses. Staying aware and taking timely precautions is essential to remain safe during such conditions.

Who Is Most at Risk?

- Elderly individuals
- Children
- People with chronic illnesses
- Outdoor workers
- Those with limited access to cooling

Warning Signs to Watch For

- Heat Exhaustion: Excessive sweating, dizziness, nausea, weakness
- Heatstroke: Body temperature above 40°C, confusion, dry skin, unconsciousness

Stay Safe

- Drink plenty of water throughout the day
- Avoid alcohol and caffeine
- Stay indoors during peak heat hours (11 AM – 4 PM)
- Wear light, loose-fitting cotton clothing
- Avoid strenuous physical activity



Emergency Steps

- Move to a cool place
- Give fluids if conscious
- Use wet cloths / ice packs
- Seek medical help immediately

Diet Tips

- Eat water-rich foods (fruits, vegetables)
- Prefer light meals
- Include coconut water, yogurt

Extreme heat is not just uncomfortable it can be life-threatening if ignored. Staying hydrated, recognising early warning signs, and taking quick action can prevent serious complications. Being prepared and cautious is the key to staying safe during rising temperatures.