CRUCIAL INFORMATION !!!

Hello everyone,

We are gradually entering the period of heat which will be difficult to bear day and night . According to experts, this is due to heat waves resulting from the emission of green house gases . The meteorological agency is warning us to prepare for warmer days and nights. This preparation will require smart adaption strategies and participation in climate resilient practices to address the damage caused .

Common effects of heat waves on humans are dehydration which can lead to unconsciousness or death, chicken pox , skin rash and psychological stress

In order to cope with current climatic conditions, experts have advised the following:

1. Drink more water to stay hydrated.

2. Keep a water bottle with you to remember to take water

3. Avoid alcoholic and caffeinated beverages (like energy drinks and those containing coffee )during this time

4. Reduce the consumption of protein-rich foods(eg red meat and excessive consumption of beans) as they increase the metabolic heat

5. Eat fresh fruits and vegetables which provide extra water to the body

6. Monitor blood pressure to ensure it is within the normal range

7. Stay indoors ( while at home or at work) between 12pm and 3pm each day as much as possible

8. TAKE COLD WATER BATHS BEFORE GOING TO BED AT NIGHT

**THIS IS FOR EVERYONES” HEALTH PLEASE ADHERE TO AND SHARE THIS MESSAGE**

**BY**

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