

# BE PREPARED!

Mitigate risks by having the necessary preparations in place for when a heat wave comes.

## SYMPTOMS

### Heat Cramp

**Symptoms:** Muscle pains, Spasms in the abdomen, arms or legs

**What to do:**

- Stop activity and sit quietly in a cool place
- Increase fluid intake
- Rest a few hours before returning to activity
- Seek medical help if cramps persist

## SYMPTOMS

### Heat Exhaustion

**Symptoms:** Pale complexion and sweating, Rapid heart rate, Muscle cramps, Weakness, Dizziness, Headache, Nausea & Vomiting, Fainting

**What to do:**

- Lay them down on a cool area
- Remove outer clothing, wet skin
- Seek medical advice from a doctor

## SYMPTOMS

### Heat Stroke

**Same symptoms as heat exhaustion:** Dry skin, Mental condition worsens, confusion, headache, dizziness, nausea, seizures, disorientation, delirium or collapsing, Unconsciousness

**What to do:**

- Call an ambulance
- Same treatments as heat exhaustion
- position the unconscious person on their side and clean their airway

## POWER FAILURE

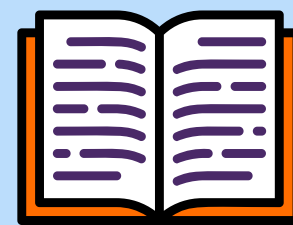
### Important preparation

- Have a working torch
- Have a fully charged mobile phone or a telephone
- Have a battery-operated radio, ensure it have sufficient spare batteries
- Stock up on food items that do not require refrigeration or cooking
- Consider a battery-operated or hand held fan to assist with cooling.

# ON THE DAY

CHECK WHAT THINGS YOU SHOULD AND WHAT YOU SHOULD NOT DO DURING A HEAT WAVE!

## ESSENTIALS GUIDE



### Stay Hydrated and avoid strenuous activity

- Keep a full drink bottle
- Take small sips of water frequently.
- Avoid Caffeine and alcohol.
- Avoid heavy activity like sport, renovating and gardening.



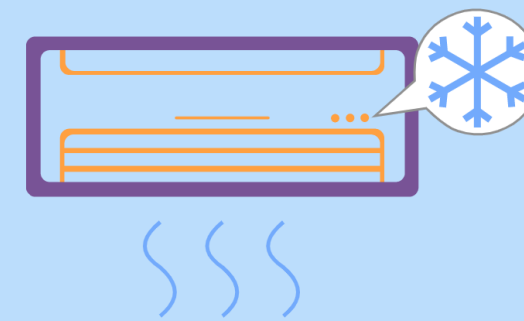
### Keep your environment cool

- Draw your blinds
- Close-off any rooms that you are not using
- Open the windows when there is a cool breeze



### Fan / Air Conditioner usage

- Using a fan with adequate ventilation
- dangerous to use a fan without proper ventilation, when inside temperature is over 34 degree
- Make sure air conditioner is on the right setting

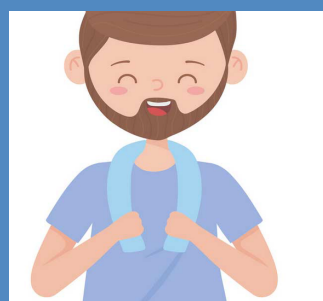


### Final Tips

- 1. Stay out of the sun! (Especially during the hottest part of the day)
- 2. Spend time in air-conditioned spaces, ensure to stay cool!

## KEEP YOURSELF COOL

Place a loose damp cloth or scarf on the back of your neck.

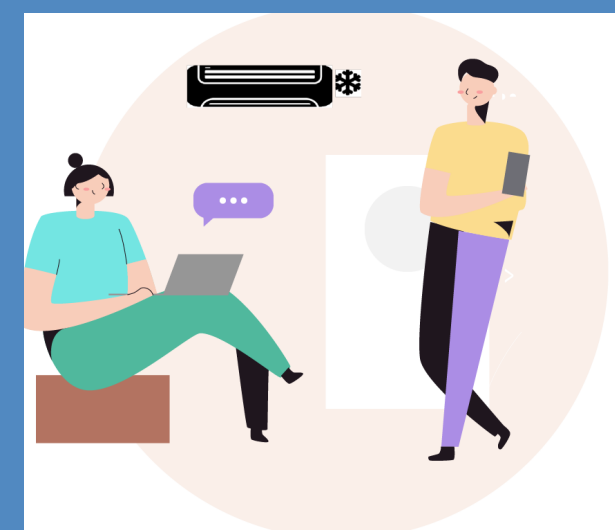


Spray or splash your face and the back of your neck with cold water several times a day

Place your feet in cool water. Take cool showers.

### Cool yourself inside home and outside:

- It is also helpful to open windows at night for ventilation with security
- visit an air-conditioned public space, if struggle with stay cool at home

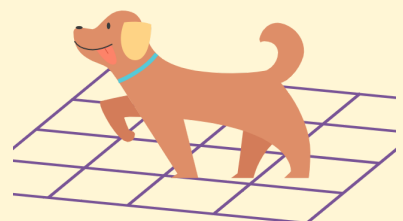


# ON THE DAY

**PET**  
Bring inside and go outside with Pet

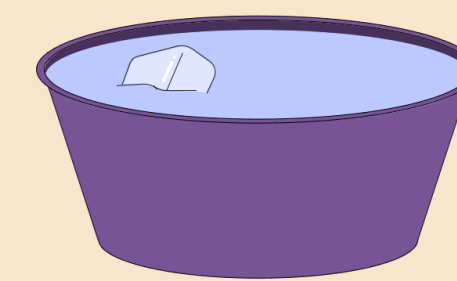
## 1 COOL TILES

Let them enjoy the cool tiles or provide them a sturdy ice pack or a frozen water bottle.



## 2 COOL WATER

Be sure to provide them with numerous sources of cool water.



## 3 WET PET'S FEET

If your pet seems to be in discomfort, try wetting their feet and misting water onto their face



## 4 NO PET IN CAR

NEVER leave your pet in the car in warm weather.



## 5 WALK PET & PET SKIN PROTECT

- Your fair-skinned pet will need a special sunscreen for animals to protect it from sunburns
- it is better to walk them early in the morning or in the evening. (Hot ground may damage pet's paws)



before 7:00 a.m.  
or  
after 7:00 p.m.

