

B.E.A.T THE HEAT



5 EASY TIPS TO FOLLOW FOR GOOD HEALTH AND WELLBEING THIS SUMMER

1

ALWAYS DRINK WATER Water should not be very cold and should be clean.



2

KEEP ORS HANDY. Make your own ORS: Mix 6 teaspoons sugar and ½ teaspoon salt in 1 litre of clean water.



3

DRINK REFRESHING LOCAL DRINKS. Examples include lime and sugarcane juice, buttermilk etc. Avoid drinking a lot of tea, coffee or soda.



4

WEAR LOOSE, LIGHT-COLOURED CLOTHES Cotton is good for light activities like walking but polyester is a good option if you have to do more strenuous activities as it will not absorb sweat and weigh you down.



5

KEEP YOUR HOME COOL Use floor fans, keep plants near windows and keep windows open at night.



TAKE ACTION. GET HELP



Is the skin swollen and moist? Is it looking redder than usual? Are you/someone you know experiencing cramps?

Stop physical activity and move to a cool place. Loosen clothes if needed.

Are you/someone you know very tired, sweating a lot? Have they fainted or vomited? Do you/they have high fever (above 40 degree celsius?)

- ⌘ **Same as the above. Use cool clothing to bring the temperature down.**
- ⌘ **If they have fainted or seem to be babbling, do not give them water or anything to drink.**
- ⌘ **If the temperature continues to be high, the person seems to be confused, is not sweating, or these symptoms become worse, get medical help immediately. Contact your nearest medical center, or wellness facilitator.**



PRIORITIZE TO PROTECT



Elderly



Infants and Children



Pregnant Women



Outdoor workers: Street Vendors, Construction workers, Farmers, Fishers etc



People with disability



Individuals with chronic diseases



Any other sociocultural and economic minority in need of help according to your sound judgment.

For the full range of tips that apply to different communities, please refer to our comprehensive guide, "Swasti in Summer".



Reach out to us at vedika.t@catalysts.org