ARE YOU READY?

It’s HOT OUTSIDE...!!

Stay HYDRATED

- Drink water frequently
- Carry water during travel
- Consume salted drinks: lemon water, buttermilk, lassi, fruit juices or ORS
- Eat fresh fruits: watermelon, cucumber, lemon, orange

Stay INDOORS

- Stay at shaded places
- Use window shades, curtains
- Use fans, coolers, AC
- Take cool bath

Stay COVERED

- Cover your head - use cloth, hat, umbrella, cap, towel
- Wear light color, loose cotton clothes

AVOID

- Sun between 12 pm to 3 pm
- Leaving children in parked vehicle
- Alcohol, Tea, Coffee, Carbonated Soft Drinks

PEOPLE AT RISK

- Infants
- Young Children
- Pregnant Women
- Above 65 years age
- Persons working outside
- With heart disease or high blood pressure

CALL 108

#BeatTheHeat

Issued in Public Interest:
Centre for Environmental and Occupational Health, Climate Change & Health
National Centre for Disease Control
Ministry of Health & Family Welfare, Government of India