



National Centre for
Disease Control
Government of India



National Programme
on Climate Change
and Human Health



World Health
Organization
India

DO YOU HAVE SYMPTOMS OF HEAT STRESS OR COVID-19?



Headache



Exhaustion



Raised body
temperature



Excessive
sweating



Breathlessness



Body cramps

Rest in a cool environment for 30 minutes. If your temperature drops and you feel better, it is most probably heat stress.



Contact a doctor or nearest health centre, if your symptoms persist

Protect yourself
from COVID-19



Wear
a mask



Wash your
hands



Watch your
distance



Get
vaccinated