

**ARE YOU READY?**

# It's HOT OUTSIDE...!!

## Stay HYDRATED

- Drink water frequently
- Carry water during travel
- Consume salted drinks: lemon water, butter milk, lassi, fruit juices or ORS
- Eat fresh fruits: water melon, 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

With heart disease or high blood pressure

Pregnant Women

Persons working outside

Above 65 years age

Young Children

Infants

**CALL 108**

in case you feel sick



**#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