



Rise in 1°C of global warming results in longer duration of heat waves.

Insufficient hydration during heat waves impairs body's innate ability to cool during high temperatures, resulting in a heat stroke



HEAT STROKE MANAGEMENT

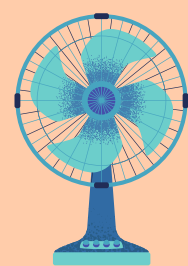
HOW TO AVOID HEAT STROKE



- Avoid heavy work during mid-noon
- Drink lots of water
- Avoid drinking heavily caffeinated or sugary drinks which may cause dehydration
- Wear light coloured clothes
- Take frequent rests between work when outside



FIRST AID FOR HEAT STROKE



- Place the person in a cool area lying down
- Provide cold compression
- Give short sips of chilled water
- After the person copes up, give foods high in moisture

