



Beat the Heat



Do's



Wear lightweight, light coloured, loose, porous cotton clothes



Carry water while travelling



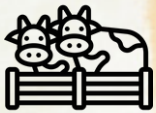
Use hat, umbrella while working outside



If you feel faint or ill consult doctor immediately



Use ORS, lassi, torani(ricewater), lemon water, buttermilk, etc .



Keep animals in shade & give them plenty of water to drink



Keep home cool, use curtains, shutters and open windows at night



Use fans, damp clothing & take bath in cold water frequently



Don'ts



Going outdoor from 12.00 noon to 3.00pm



Strenuous outdoor activities from 12.00 pm to 3.00pm



Alcohol, tea, coffee and carbonated drinks



Leaving pets & children in parked vehicles



Eating high protein food

