

HEATWAVE

A prolonged period of excessively hot weather relative to the local climate.

Heatwaves most commonly occur in areas with hot and dry climates, such as deserts and semi-arid regions, and areas with high levels of humidity, such as coastal regions and tropical areas.

RISKS

Poor air quality

High temperatures can worsen air quality leading to smog and air pollution, which may trigger respiratory conditions.

Sickness

e.g., heat exhaustion, heat cramps, heatstroke, and dehydration.

Water shortages

Heatwaves can cause droughts, which can lead to water shortages.

Wildfires

Dry and hot conditions can increase the risk of wildfires.

Energy demands

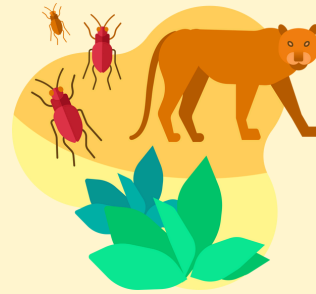
Hot conditions lead to an increase in energy consumption, which can put a strain on power grids leading to blackouts and brownouts.



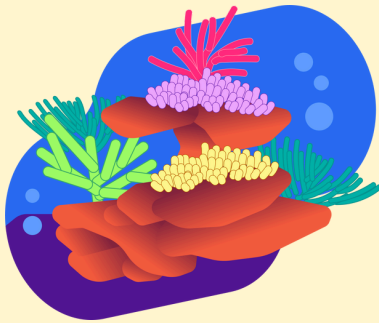
WHAT TWO DEGREES TEMPERATURE RISE MEANS TO OUR EARTH



Once every five years, 37% of the world population is exposed to extreme heatwaves.



The earth loses 18% of insects, 16% of plants, 8% of vertebrates.



The coral reefs around the world decline up to 99%.



Sea levels rise by up to 46 cm and impact 30 to 80 million people.



Since the last century, the Earth has already experienced an exponential rise in temperature by 1°C. If the increase continues to reach 2°C in the future, the consequences will be catastrophic and irreversible.

BEAT THE HEAT

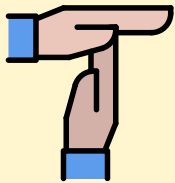
STAY HEALTHY AND SAFE

DO'S AND DON'TS



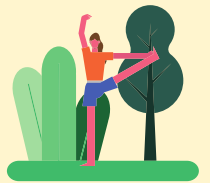
Stay hydrated by drinking plenty of water, ORS, homemade drinks like lassi, lemon water, buttermilk etc.

Avoid direct Sun Exposure



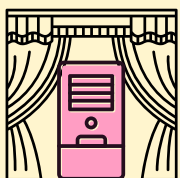
Take Frequent Breaks When Working Outdoors

Avoid working outside between 12 noon and 3.00 P.M



Wear loose and cotton clothes

Don't leave children or pet inside the closed vehicle



Keep your home cool, use curtains, shutters or sunshades.

Avoid tea, coffee and carbonated soft drinks which dehydrates the body



Use umbrella/hat, shoes, goggles when going out in the day

Avoid high-protein foods (meat, fish) and do not eat stale food.



BEAT THE HEAT

STAY HEALTHY AND SAFE

Common Heat-Related Illnesses



- **Heat Rash** : Skin redness and pain, possible swelling, blisters, fever, headaches.
- **Heat Cramps** : Painful spasms usually in leg and abdominal muscles, heavy sweating.
- **Heat Exhaustion** : Dizziness, excessive sweating, muscle cramps, vomiting, weak pulse.
- **Heat Stroke (Sun Stroke)** : High body temperature. Hot, dry skin. Rapid, strong pulse. No sweating

Immediate Medical Care during Heat Stroke

- Move to a **cool, shaded area**.
- Wipe with **wet cloth** and **apply cool water** on the **head**.
- **Rehydrate** with **ORS** or suitable drinks.
- **Get immediate medical attention** if needed
- **Do not give fluids orally** if the person is **not conscious**.



Make ORS at Home



1 liter Water



6 teaspoon Sugar



1/2 Teaspoon Salt