

What to do to protect yourself from heatstroke

- I must drink plenty of water throughout the day during heatwave.
- I will never drink saline water in extreme heat condition.
- I should not go out of the house between 10 am and 4 pm during the day unless necessary.
- If I go outside of the house, I must use an umbrella and take shelter under the shade.
- I will refrain from playing sports in the field during heatwave.
- I must wear a cap or towel to protect myself from direct sunlight.
- I will wear comfortable, loose, light-colored clothes to keep the body cool.
- I must keep enough food and water with me while going to school.
- I should bathe with cold water or wipe body with wet towel/cloth to reduce body temperature and discomfort.
- I will keep the room covered with curtains during the day to keep it cool.
- If I have a pet at home, I will never leave it unattended in the open and will make sure to keep it in a cool place.

**Walk with an umbrella,
Drink plenty of water, and**

Beat the heatwave's bother.

