

What to do to prevent heat stroke

Those most at risk

- Children and pregnant women
- Elderly person
- Person with disabilities
- Laborer
- Overweight
- Physically ill



Avoid going outside as much as possible during the day, **avoid sunlight.**



Cover your head as much as possible with an umbrella, hat/cap, or cloth while going outside.



Drink plenty of **pure water.**



Try to eat easily digestible food and **avoid eating stale, open food.**



If you feel very sick, **consult with the nearest doctor** immediately.



Take **multiple showers** of water or baths if possible.



Please make sure that the **room environment** is not **overheated or humid.**



Avoid **continuous physical exertion** during the day.



Keep an eye on the color of urine, if it is yellow or dark then definitely increase the frequency & amount of water you drink.



Wear light colored, loose fitting and cotton clothes if possible.