

Attention!



PRECAUTIONS TO SURVIVE SUMMER HEAT

- * Avoid exposing to direct sunlight continuously during the day between 11 am and 3 pm.
- * Drink as much fresh water as possible. Drink water even if you are not thirsty.
- * Avoid dehydrating drinks like alcohol, coffee, tea and carbonated soft drinks during the day.
- * Wear loose, light colored cotton clothes.
- * Wear footwear when going out. It would be better to use an umbrella or a hat.
- * Eat plenty of fruits and vegetables. Encourage the use of ORS solution, Sambharam etc.
- * Travelers should continue their journey with adequate rest. Keep water handy.
- * Always keep a small bottle of drinking water handy to prevent dehydration.
- * If you feel uncomfortable, rest immediately and seek medical attention.

