



BEAT THE HEAT

1

Drink lots of water throughout the day to stay hydrated.

2

Do not leave children, differently abled persons or pets unattended in vehicles even with the windows down.

3

If you need to be outdoors, seek shade under trees or umbrellas to avoid direct sunlight.

4

Avoid drinks with caffeine or large amounts of sugar.

5

Opt for loose-fitting and light-coloured clothing made of natural fabrics like cotton. Avoid dark colors as they can absorb heat.

6

Try to limit physical activities like exercising during the hottest parts of the day.