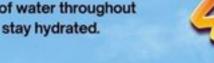




## EAT THE HE



Drink lots of water throughout the day to stay hydrated.





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



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



Avoid drinks with caffeine or large amounts of sugar.



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



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