



# WORKING OUTDOORS IN HEAT WAVE?

## TAKE THE FOLLOWING PRECAUTIONS



- Listen to Radio; watch TV; read Newspaper for local weather news
- Drink sufficient water - even if not thirsty.
- Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. to keep yourself hydrated
- Wear lightweight, light-coloured, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella
- Do not go out barefoot
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- Use hand fans to give yourself an air of relief every now and then.
- Take small breaks to catch up on some rest.
- Take refuge under a tree/shade. Use hand fans to give yourself an air of relief every now and then.



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