

# STAY *hydrated* IN THE HEAT

## *Tips*

- Walk in the shade
- Slow down & take frequent breaks
- Use sunscreen with a high SPF
- Avoid strenuous activities

## *Stay Cool*

- Avoid long periods in direct sunlight
- Avoid hot foods & heavy meals
- Close the blinds, use fans or AC to keep your home cool
- Wear light-weight, light-coloured clothing. If out, wear hat & sunglasses
- Keep cool by wetting your skin with cool water; have cool showers & baths

## *Stay Hydrated*

- Drink more water than normal
- Carry water with you everywhere
- Drink water throughout the day, don't wait until you feel thirsty
- Avoid alcohol & liquids with high sugar and caffeine

## Dehydration

- Low blood pressure
- Dizziness
- Thirst
- Fatigue
- Dark urine
- Constipation
- Low urination
- High heartbeat

## VS

## Heatstroke

- Confusion
- Sweating stops
- Seizures
- Slurred speech
- Throbbing headache
- Temp 40 C
- Loss of consciousness
- Dry swollen tongue
- Strong rapid pulse
- Red, hot skin