

### Do's and Don'ts For Heatwaves

**Heatwaves can be life-threatening, but simple actions can help you stay safe and healthy.**

*A heatwave is a period of unusually high temperatures, typically lasting two or more days, and posing serious health risks; it is often declared when temperatures reach 40°C or more in plains, 30°C or more in hilly areas, with a rise of 4.5°C to 6.4°C or more above normal.*

#### Before a Heatwave (Preparation):

##### Do:

- Stay informed about local heat advisories and weather updates.
- Prepare your home with fans, shades, and cooling systems.
- Ensure access to clean drinking water at all times.
- Stock up on oral rehydration salts and light food.
- Plan outdoor tasks during cooler parts of the day (morning/evening).
- Check and assist vulnerable individuals like elderly neighbors and children.
- Dress in lightweight, loose-fitting, and light-colored clothing.

##### Don't:

- Don't ignore heat warnings or underestimate the heat risk.
- Don't leave children, pets, or the elderly in parked vehicles.
- Don't rely solely on fans in extremely high temperatures.
- Don't wear dark or tight clothing during hot weather.

#### After a Heatwave (Recovery):

##### Do:

- Continue hydrating and resting to help your body recover.
- Monitor yourself and others for signs of heat-related illness.
- Report symptoms like confusion, headache, or dizziness to health services.
- Stay informed in case of additional heat waves or alerts.

##### Don't:

- Don't assume the danger is over immediately—heat illness can be delayed.
- Don't stop helping vulnerable groups once the wave subsides.
- Don't ignore symptoms of heatstroke—seek immediate medical help.

#### During a Heatwave (Action):

##### Do:

- Stay indoors during peak heat hours (usually 12 PM – 4 PM).
- Keep hydrated—drink water regularly, even if not thirsty.
- Use wet towels, showers, or baths to cool down.
- Keep curtains closed and avoid using appliances that generate heat.
- Take frequent breaks if working outdoors.

##### Don't:

- Don't engage in strenuous physical activity in the heat.
- Don't consume alcohol or caffeine—they dehydrate the body.
- Don't go out without sun protection—use a hat, umbrella, or sunscreen.

