



J M International School

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REGARDING HOW TO STAY HEALTHY DURING HEAT WAVE: AN ADVISORY NOTE

Dear Parents,

Hope you are doing well. Amidst the heat wave, JMIS wishes you a healthy life. Here are some valuable inputs on combating the current heat wave.

A heat wave is a period of abnormally high temperatures, which occurs during the summer season in the north western parts of India.

HEALTH IMPACTS:

- **Heat cramps:** Oedema (swelling) and Syncope (fainting) generally accompanied by fever.
- **Heat Exhaustion:** fatigue, weakness, dizziness, headaches, nausea, vomiting, muscle cramps and sweating.
- **Heat Stroke:** Body temperature above 104 degrees Fahrenheit along with delirium, seizures or coma.

Things to carry as we travel: Water Bottle, Umbrella/ Hat/ Cap, Hand Towel, hand Fan, Electrolyte/ Glucose

HEAT WAVES DO'S

- ✓ Drink sufficient water, even if not thirsty
- ✓ Wear light weight, light coloured, porous- cotton loose clothes
- ✓ Use goggles and umbrella/ hat/ cap when stepping out
 - ✓ Carry a water bottle while travelling
- ✓ Use ORS/ Lassi/ Rice Water/ Lemonade/buttermilk to re- hydrate
 - ✓ Keep animals in shade and give them plenty of water
- ✓ Keep homes cools using curtains/ sunshade/ shutters / open windows (only at night)
 - ✓ Taka bath frequently with cold water

HEAT WAVES DON'TS

- Avoid getting out in the sun in the afternoons
 - Avoid strenuous activities
 - Avoid tea/ coffee/ carbonated drinks
 - Avoid high protein diet
- Avoid dark coloured/ synthetic and tight clothing

LET'S BEAT THE HEAT

Hydate

Educate yourself

Act Quickly

Take It Easy

We hope that all of us stay healthy and fit during this heat wave.

Warm Regards

Charu Srivastava
(Principal)