

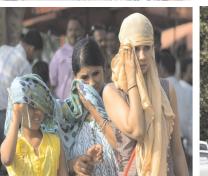


## **GOING OUT IN THE**











- 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, lightcoloured, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella.
- Keep animals in shade and give them plenty of water to drink.
- Do not leave children or pets in parked vehicles - as they may get affected by Heat Wave.

