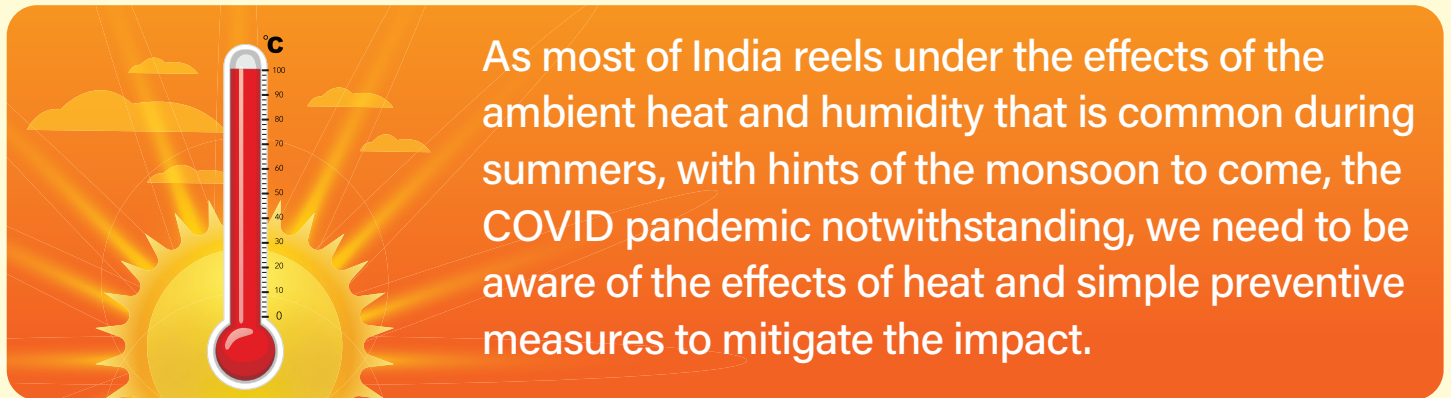


# It is HOT and HUMID outside!



As most of India reels under the effects of the ambient heat and humidity that is common during summers, with hints of the monsoon to come, the COVID pandemic notwithstanding, we need to be aware of the effects of heat and simple preventive measures to mitigate the impact.

Effects of **heat and humidity**, on the human body, range from **subtle to overt** and can take effect **very rapidly**.

**Be Aware!**  
**Stay Cool!**  
**Stay Hydrated!**



The effects of heat to watch out for:

**Heat Stroke:** Characterised by sudden high fever and prostration.

**Heat Exhaustion:** Fatigue, thirst, weakness.

**Heat Cramps:** Muscle cramps, weakness.

**Prickly Heat:** Skin rash, with itching.

## Preventive Measures



Drink clean, cool water often during the day. Avoid very cold water or aerated drinks.



Wear a cap when going outdoors. Use of an umbrella is encouraged.



Do walk in shaded areas to the extent feasible and avoid being outdoors from 11 AM to 5 PM.



Wear loose clothes, preferably cotton.



Do have a bath daily and use talcum powder or deodorants.



Do seek medical attention in case of being affected by the heat.

**Be aware that not just the coronavirus, but even heat and humidity, can affect you in this season.**