

Temperature is rising in Ahmedabad

"Take care of yourself to prevent Sunstroke"

Dear parents,

Sunstroke or Heatstroke is the fatal form of heat illness as the body overheats due to excessive exposure in the Sun and the body is not able to regulate its temperature. Usually, our body cools down on its own by sweating. Sweat is the body's natural tool to cool down.

How to recognize Sunstroke: -

- ❖ Rise in body temperature
- ❖ Headache and dizziness
- ❖ Red hot & dry skin
- ❖ No sweating
- ❖ Weakness
- ❖ Muscle cramps
- ❖ Burning while passing urine

First Aid: -

- ❖ Move the person to a cool place, use fan to lower the body temperature.
- ❖ Remove excess clothing.
- ❖ Give fluids.
- ❖ Apply cold compresses.

Do's: -

1. Keep yourself well hydrated. Have buttermilk, fresh fruit juices, coconut water and lemonade on regular basis.
2. Wear loose, light-colored and cotton clothing.
3. Wear goggles to protect eyes from harmful UV rays.
4. Apply generous amount of sunscreen to protect your skin.
5. Use an umbrella and a hat when out in the Sun. Use wet tissues to wipe your face and neck.

Don'ts: -

1. Do not take tea, coffee, carbonated soft drinks or alcohol as it causes dehydration.
2. Do not leave children or pets in a parked car.
3. Avoid going out in the afternoon between 11am to 4pm.
4. Do not consume stale food.
5. Avoid strenuous exercise outside.

With Best Wishes,
Medical Department,
Delhi Public School-Bopal, Ahmedabad