

Beat the Heat Before It Beats You

Listen to your body

Watch for These Signs



Headache



Tiredness



Excessive
sweating



Fast
heartbeat



Dark yellow
urine



Muscle
cramps



Dizziness



Nausea or loss
of appetite

Beat the Heat with these Simple Steps

💧 Drink water at regular intervals
throughout the day.

☀️ Avoid afternoon sun.

👕 Wear loose cotton clothes.

🏠 Keep rooms cool & ventilated.

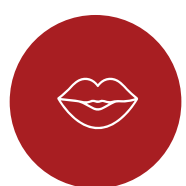
💊 Keep ORS or electrolytes drinks
ready.

Is Your Body Asking for Water?



Urine Check

Pale yellow urine = Good hydration
Dark yellow urine = Drink more water



Lip Check

Moist lips = Well hydrated
Dry or cracked lips = Drink more fluids



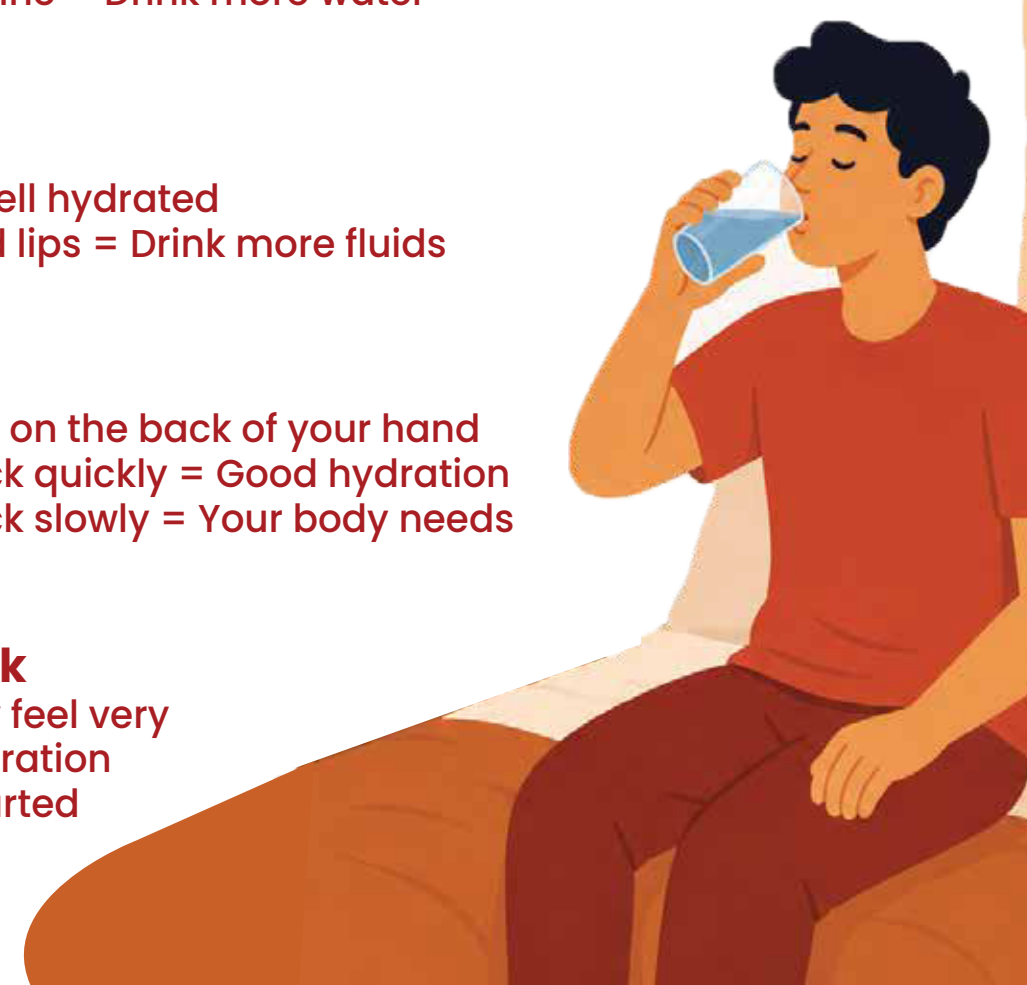
Skin Check

Pinch the skin on the back of your hand
Skin goes back quickly = Good hydration
Skin goes back slowly = Your body needs
fluid



Thirst Check

If you already feel very
thirsty, dehydration
may have started



Make Your Own ORS



Step 1

1 Litre Clean Water +
6 Teaspoons Sugar +
1/2 Level Teaspoon Salt



Step 2

Mix Until Fully Dissolved
and Drink in Small Sips
Throughout the Day



Warning

Discard Remaining
Solution After
24 Hours

Who Is at Risk?



Older
adults



Individuals living
in isolation



Pregnant
Women



Outdoor
Workers



People with
comorbidities



Children

Stay Hydrated.
Stay Alert.
Stay Safe.

Scan the QR Code
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