

# Feeling sweaty all day? Your body may be struggling to cool itself.

Humidity Makes Heat Harder on the Body

## Watch for These Signs



Breathlessness



Heavy sweating



Fast heartbeat



Weakness



Dizziness



Nausea

## How to stay safe in Dry Heat.

 Drink water at regular intervals throughout the day

 Keep air moving around you

 Wear light cotton clothing

 Take cooling breaks indoors

 Replace lost fluids with ORS when needed

 Avoid crowded, stuffy spaces

## 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



### Thirst Check

Extreme thirst may indicate dehydration



### Sweat Check

Very Thirsty = Dehydration  
Warning



## Make Your Own ORS



### Step 1

1 Litre safe drinking 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 hrs

## Who is at risk?



Older adults



Individuals living  
in isolation



Pregnant  
Women



Outdoor  
Workers



People with  
comorbidities



Children

Hydration and cooling  
breaks can prevent  
heat-related illness.

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