

HEALTH UNIT

BCKV Mohanpur

Stay COOL, Stay Healthy This
Summer !

Welcome to your one-step guide for
Conquering the summer heat! With the
scorching temperatures, it's important to
Stay safe and healthy too.

This page is packed with tips to help you:

- Beat the heat and stay cool
- Protect yourself from the sun
- Plan fun and safe outdoor activities
- Enjoy refreshing summer treats

So, grab your sunscreen, a reusable water
Bottle, and get ready to make a splash into
An awesome summer!

As the body goes through various changes over time, it
is essential to prioritize its well being.

Nourishing it with wholesome foods, staying active
through regular exercise and practicing mindfulness, are all
crucial components of maintaining a healthy body.

WARNING FOR SUMMERS!

DO'S

- **STAY HYDRATED :** DRINK PLENTY OF WATER THROUGHOUT THE DAY,EVEN IF YOU'RE NOT FEELING THIRSTY. DEHYDRATION CAN OCCUR RAPIDLY IN HIGHTEMPERATURES.
- **WEAR LIGHT CLOTHING:** OPT FOR LIGHT WEIGHT LOOSE FITTING AND YOUR BODY STAY COOL TYPICALLY BETWEEN 10A.M. AND 4 P.M.
- **USE SUNSCREEN :** APPLY SUNSCREEN WITH A HIGH SPF TO PROTECT YOUR SKIN FROM HARMFUL UV RAYS. REAPPLY EVERY FEW HOURS. ESPECIALLY IF YOU'RE SWEATING OR SWIMMING.
- **TAKE BREAKS :** IF YOU'RE ENGAGING IN OUTDOOR ACTIVITIES , TAKE FREQUENT BREAKS IN SHADED OR AIR-CONDITIONED AREAS TO REST AND COOL DOWN.
- **USE COOLING METHODS :** USE COOLING TOWELS, FANS, OR AIR CONDITIONING TO LOWER BODY TEMPERATURE AND PREVENT HEAT-RELATED ILLNESSES.
- **CHECK ON VULNERABLE INDIVIDUALS:** KEEP AN EYE ON ELDERLY PEOPLE, YOUNG CHILDREN, AND THOSE WITH CHRONIC ILLNESSES, AS THEY ARE MORE SUSCEPTIBLE TO HEAT-RELATED COMPLICATIONS.
- **KNOW THE SIGNS OF HEAT ILLNESS :** FAMILIARIZE YOURSELF WITH THE SYMPTOMS OF HEAT EXHAUSTION AND HEATSTROKE, SUCH AS DIZZINESS, NAUSEA, RAPID HEARTBEAT, AND CONFUSION, SEEK MEDICAL HELP IMMEDIATELY IF YOU OR SOMEONE ELSE SHOWS SIGNS OF SEVERE HEAT ILLNESS.

WARNING FOR SUMMERS!

DONT'S

- **DON'T OVEREXERT YOURSELF** : AVOID STRENUOUS ACTIVITIES, ESPECIALLY DURING THE HOTTEST PARTS OF THE DAY. SAVE EXERCISE AND OUTDOOR WORK FOR COOLER MORNINGS OR EVENINGS.
- **DON'T RELY SOLELY ON FANS** : WHILE FANS CAN PROVIDE SOME RELIEF, THEY ARE NOT SUFFICIENT TO COMBAT EXTREME HEAT. IF POSSIBLE, USE AIR CONDITIONING OR VISIT AIR-CONDITIONED PUBLIC SPACE TO STAY COOL.
- **DON'T CONSUME EXCESSIVE ALCOHOL OR CAFFEINE** : BOTH ALCOHOL AND CAFFEINE CAN CONTRIBUTE TO DEHYDRATION, MAKING YOU MORE SUSCEPTIBLE TO HEAT-RELATED ILLNESSES. LIMIT CONSUMPTION AND PRIORITIZE WATER INTAKE.
- **DON'T IGNORE WARNING SIGNS** : IF YOU START TO FEEL UNWELL OR NOTICE SYMPTOMS OF HEAT-RELATED ILLNESS, SUCH AS HEADACHE, WEAKNESS, OR CRAMPS, DON'T IGNORE THEM. TAKE IMMEDIATE STEPS TO COOL DOWN AND SEEK MEDICAL ASSISTANCE IF NECESSARY.
- **DON'T ASSUME YOU'RE SAFE INDOORS** : EVEN INDOORS, TEMPERATURES CAN RISE TO DANGEROUS LEVELS DURING EXTREME HEATWAVES, PARTICULARLY IN POORLY VENTILATED SPACES. STAY VIGILANT AND TAKE STEPS TO KEEP INDOOR ENVIRONMENTS COOL.

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