



# PROTECT YOUR CHILDREN FROM THE HEATWAVE

## PRECAUTIONS FOR CHILDREN

### Children Should:

- Always carry a bottle of water. Drink lemon water/ buttermilk/ coconut water/ fresh fruit juice regularly.
- Wear light coloured, lightweight, loose cotton clothes.
- Cover their heads when out in the sun with a cap and an umbrella.
- Avoid junk food during summer, Go for fresh fruits, salads and home-cooked meals.
- Stay out of direct sunlight, especially during peak hours from 12 noon to 4 p.m. Play outdoor games in the evenings.
- Take the child to a doctor if he/she complains of dizziness, nausea, constant headache, chest pain and breathing problems.

