



सत्यमेव जयते



# AVOID STRENUOUS ACTIVITIES WHEN OUTSIDE IN THE AFTERNOON

## TAKE THE FOLLOWING PRECAUTIONS

- Listen to Radio; watch TV; read Newspaper for local weather news.
- Drink sufficient water - even if not thirsty.
- Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water) lemon water, buttermilk, etc. to keep yourself hydrated.
- Wear lightweight, light-coloured, loose, cotton clothes.
- Cover your head: Use a cloth, hat or umbrella.
- Keep animals in shade and give them plenty of water to drink.
- Do not leave children or pets in parked vehicles - as they may get affected by Heat Wave.

