



STAY HYDRATED

Drink plenty of fluids, especially iced water, even if you don't feel thirsty



LEARN

Educate yourself on heat-related illnesses to learn how to recognise and prevent them and know when to seek help



CLOTHING

Wear light, loose-fitted clothing

BEAT THE HEAT

LISTEN TO YOUR BODY

Pay attention to how you feel. If you start to feel sick or very hot, stop what you're doing and go somewhere cool.

KEEP COOL

Stay in airconditioned rooms, consider the use of portable fans and cooling vests



TIME ACTIVITIES

Try to schedule outdoor activities during cooler parts of the day and take breaks in the shade to cool down



Beat The Heat

Lingsheng Yao



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