

HEALTHPEDIA MAY 2024



TIPS TO SURVIVE *a Heatwave*



As temperatures soar during a heatwave, it's essential to take proactive measures to protect yourself and your loved ones from the potentially harmful effects of extreme heat.



WHY DOES IT OCCUR?



Heatstroke usually occurs when the body fails to cool down.

Hypothalamus is part of the brain that helps set the body temperature at about 98.6 degrees Fahrenheit (37 degrees Celsius).

When the body absorbs more heat than it releases, the internal temperature rises over the normal limit, which can damage the brain and other vital organs.



WHAT IS THE FIRST AID FOR HEAT STROKE?

If you encounter a person experiencing signs of heatstroke, reach out for medical help and try to cool them down. To help a person cool down:



Move them to a cooler place, for instance, in front of a cooler or air conditioner.


Make them lie down while raising their feet slightly up.

Spray cold water on their skin or sponge them with cool water.

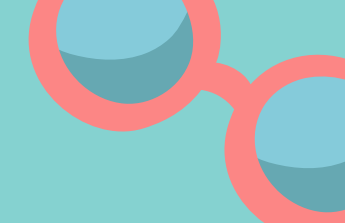
Put coldpacks around their armpits and neck

Remove any blockage present in the airway (in case of any).





HOW TO PREVENT HEAT STROKES ?



Avoid going out in the sun during the peak time of the day, i.e., between 11 am and 3 pm.

Drink plenty of water or cold beverages throughout the day to prevent dehydration.



TIPS TO PREVENT HEAT STROKE

Wear loose, cotton clothing as it allows the skin to breathe.

Avoid the consumption of excess alcohol as it increases body temperature.



MAINTAIN YOUR GLUCOSE LEVELS

Pay attention to your glucose levels, especially if you have diabetes, as heat can affect blood sugar regulation.



Monitor your blood sugar regularly and carry snacks like nuts, seeds, or fruit to maintain stable glucose levels throughout the day.





EAT LIGHT AND REFRESHING FOOD



Incorporate hydrating foods with high water content into your diet, such as watermelon, cucumbers, and oranges.

Opt for light, refreshing meals that are easy to digest, such as salads, chilled soups, and fruit smoothies.



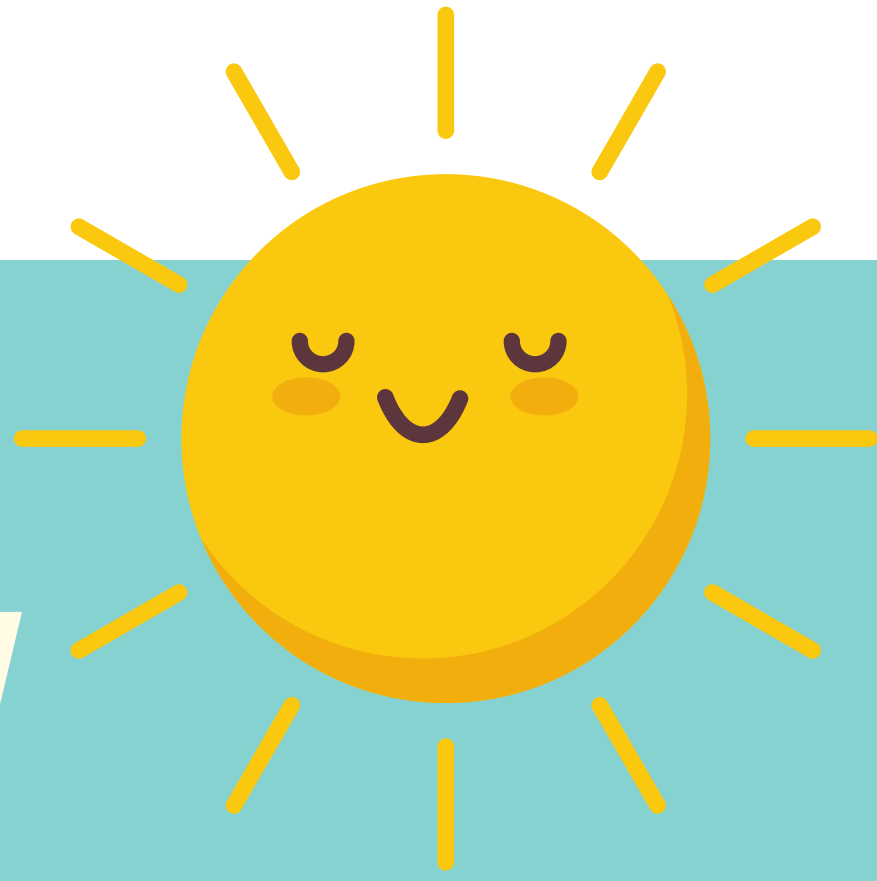
KEY TAKEAWAYS



Though heat stroke can occur to anyone, children, the elderly, and those with chronic health conditions such as diabetes and heart problems are at increased risk.

Heat stroke can be life-threatening, therefore, it is necessary to follow the aforementioned prevention tips to ensure complete health this summer.





SAY



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