

Important information on Heat wave

Dear Parents & Students,

We are concerned about the well being of our children and in that connection we would like to share the guidelines given by the National Disaster Management Authority, Government of India with regard to the heat wave conditions.

Heat wave: Do's & Don'ts

To minimise the impact during the heat wave and to prevent serious ailment, you can take the following measures:

Avoid going out in the sun, unless necessary.

Drink sufficient water and as often as possible, even if not thirsty.

Wear lightweight, light-coloured, loose, and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in the sun.

Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.

While travelling, carry water with you.

Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.

Avoid high-protein food and do not eat stale food.

If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.

Do not leave children or pets in parked vehicles.

If you feel faint or ill, see a doctor immediately.

Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which helps to re-hydrate the body.

Keep your home cool, use curtains, shutters or sunshade and open the windows at night.

Use fans, damp clothing and take bath in cold water frequently.

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