



HEALTH ADVISORY

WHAT IS EXTREME HEAT?

Extreme heat is a risk to human health and well-being. It can lead to people getting dehydrated, developing heat illnesses, and worsening of chronic cardiovascular and respiratory diseases.

PEOPLE WHO ARE MOST VULNERABLE TO HEAT



Older people



Pregnant and lactating women



People with pre-existing medical conditions



Children



People working outside

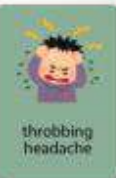
HOW TO RECOGNIZE SIGNS OF HEAT STROKE



may lose consciousness



shows signs of confusion



throbbing headache



red, hot, and dry skin



rapid, strong pulse



high body temperature

STAY SAFE WITH THESE HELPFUL REMINDERS:

KEEP YOURSELF HYDRATED
Avoid alcohol and too much caffeine and sugar



Wear Light - colored and Loose - fitting clothes of natural materials.



Make sure that children are taking rest when they're playing outdoors.



Avoid strenuous physical activity if you can.



Avoid going outside during the hottest time of the day.



If you are outdoors, know when to take a rest and find some shade.



Regularly check in with vulnerable people in your circle.



Make sure you, your loved ones and pets are all safe from Extreme Heat.



Extreme heat can cause serious and potentially life - threatening health problems.

Source: WORLD HEALTH ORGANIZATION & PHILIPPINE RED CROSS