**RISK FACTORS FOR HEAT-RELATED ILLNESSES**

1. Age – infants, young children and elderly people (65 or older)
2. Those who are physically ill, especially with heart disease or high blood pressure, COPD
3. Dehydration because of reduced food and fluid uptake, intestinal problems or diarrhea
4. Overweight/ Underweight
5. Fatigue, sleep deprivation, long-term high-level exercise and wearing heavy clothing
6. Athletes
7. Outdoor workers
8. People suffering from mental illness

**SYMPTOMS OF HEAT STROKE**
- No sweating
- Dry, hot red skin
- Dizziness and head ache
- Vomiting
- Unconsciousness
- Pinpoint pupils
- Fever (more than 103°F)

**PREVENTATIVE MEASURES**
- Keep cool by frequent showers, sponging and foot bats
- Keep your home cool
- Wet towel on head and neck (Outdoor)
- Limit outdoor activities to cooler times of the day
- Increase and monitor water intake
- Avoid strenuous physical activities and too much exposure to heat

**DIETARY MODIFICATIONS**
- Eat regular, light meals
- Increase consumption of vegetables and fruits with high water content (e.g., cucumbers, watermelon, oranges, etc.)
- Drink more ‘lassi’/yogurt drink
- Eat salty foods, such as salted crackers (unless you suffer from high blood pressure or salt intake has been restricted by the doctor)

**AVOID**
- Sweets
- Very spicy foods
- Heavy foods (fried etc.)
- Alcohol and narcotic things
- Befel (Pan), Gutka and Betalnut (channal)