



Circular No.- TSSWR/2024-25/007

Date – 03.05.2024

CIRCULAR REGARDING HEAT RELATED ILLNESS

Dear Parent,

As the day time temperature in Delhi crosses more than 40 degree Celsius during summer season, this is detrimental to the health of children and adolescents studying in schools. The rise in temperature in NCR has led to increased instances of heat-related illness like exhaustion, dehydration, diarrhea and vomiting among citizens.

Since children are one of the most vulnerable groups so a few steps need to be taken to counter effect these heat related illness. For that purpose, you are required to go through the attached PPT regarding the prevention from Heat Related Illness. Kindly encourage your ward to follow the same to avoid Heat related Illness.

Regards,

Principal

The Samarth School

Main Wazirabad Road,

Delhi-110093



THE SAMARTH SCHOOL MAIN WAZIRABAD ROAD



Introduction

- With the temperature soaring higher and higher every day, a drop in our energy and willpower to engage in practices essential for healthy living can be observed commonly. The sweat, the rashes and the unforgiving heat of the sun are profound deterrents to us becoming fit and achieving the perfect summer body that we have been dreaming about forever.
- Working out during the summer months seems like a tedious task? Here is a catch! You are doing it wrong. Not all diet plans or exercise regimes are made keeping in mind the summer season.
- Our bodies' requirements alter with every changing season.

Foods and Vegetable to Eat During the Summer Season



apricot



blackberry



figs



mango



berry



plums



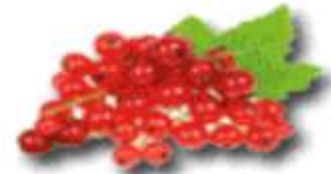
cantaloupe



casaba melon



nectarine



currants



grapes



huckleberries



gooseberry



cherry



guava



strawberry



watermelon



honeydew melon



papaya



asian pears



WATERMELON



**COCONUT
WATER**



MANGOES



SWEET LIME



BUTTERMILK



CUCUMBERS



YOGURT



CORN





Exercises that boost healthy living during Summer

- Being consistent and staying active despite the heat is the key to achieving fitness. Below are some workouts that can be enjoyed during the summer months.

Swimming-
Brisk walking-
Hiking-
Cycling-



Tips to Remain fit and Healthy in summer season

- Wear lightweight, light-colored, loose, and porous cotton clothes.
- Digesting **food during the summer** months is especially difficult. Eat in small quantities frequently to avoid indigestion and bloating.
- Wear sunglasses to protect your eyes from the harsh rays of the sun.
- Protect your skin from the ultraviolet rays by putting on generous amounts of sunscreen.
- Avoid excessive caffeine consumption.
- Try to stay indoors during the afternoons.
- Avoid fast food, deep-fried or street food.
- Drink plenty of water and . Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which helps to re-hydrate the body.
- Do not skip working out.
- Keep your packaged drinks' consumption under control as they contain high amounts of added sugar.
- Consume seasonal fruits and veggies.
- Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.
- Stay informed. Watch your local news and weather for updates.

HEAT STROKE

PREVENTION

SYMPTOMS



rapid
heartbeat



dizziness and
headache



red and
hot skin



vomiting and
nausea



high
fever



cool
shower



use
sunscreen



drink
water



no alcohol



avoid the sun
between
11am and 3pm



don't wear
thick clothes



wear
protection