



# HEAT STROKE

## ALERT

- Stay Safe
- Stay Cool
- Stay Hydrated



### WHAT IS HEAT STROKE?

Heat stroke is a serious condition caused by prolonged exposure to high temperatures, leading to the body overheating. It can result in dizziness, dehydration, fainting, or even severe health complications if ignored.



### ACT FAST, SAVE LIVES!

- If you or someone shows signs of heat stroke-
- Move to a cool place,
  - Drink water/ORS,
  - Cool the body,
  - Seek medical help immediately

### COMMON SYMPTOMS



High Body Temperature



Headache & Dizziness



Nausea or Vomiting



Rapid Heartbeat



Confusion or fainting



### PREVENTIVE MEASURES

Drink plenty of water throughout the day.



Avoid direct sunlight. (especially between 12 PM to 4 PM)



Wear light-coloured, loose cotton clothes.



Use caps, umbrellas or scarves when outdoors.



Avoid strenuous activities during peak heat hours.



Include ORS/electrolytes in your routine.



Never skip meals and stay nourished.



### YOUR COLLEGE CARES FOR YOU

To ensure student safety, your college will provide-



Cold Drinking Water



ORS (Oral Rehydration Solution)



Medical Assistance by Nurse