

# GUIDELINES FOR HEAT OR SUNSTROKE

## Tips for Preventing Heat-Related Illness:

- ◇ Drink more fluids, even if you are not thirsty unless your doctor has limited your fluid intake.
- ◇ Do not drink liquids with large amounts of sugar.
- ◇ Avoid very cold drinks.
- ◇ Stay indoors and use electric fans but when the temperature is too high take a cool shower or bath
- ◇ Wear lightweight, light-colored, and loose-fitting clothing.
- ◇ NEVER leave anyone particularly a child in a closed, parked vehicle.



## The following people are at greater risk for heat-related illness:

- ◇ Infants and young children
- ◇ People aged 65 or older
- ◇ People who have a mental illness
- ◇ Those who are physically ill, especially with heart disease or high blood pressure
- ◇ They should be closely watched for signs of heat exhaustion or heat stroke.
- ◇ Limit your outdoor activity to morning and evening hours.
- ◇ Cut down on exercise or drink more cool fluids regularly.
- ◇ Try to rest often in shady areas.
- ◇ Protect yourself from the direct sun

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