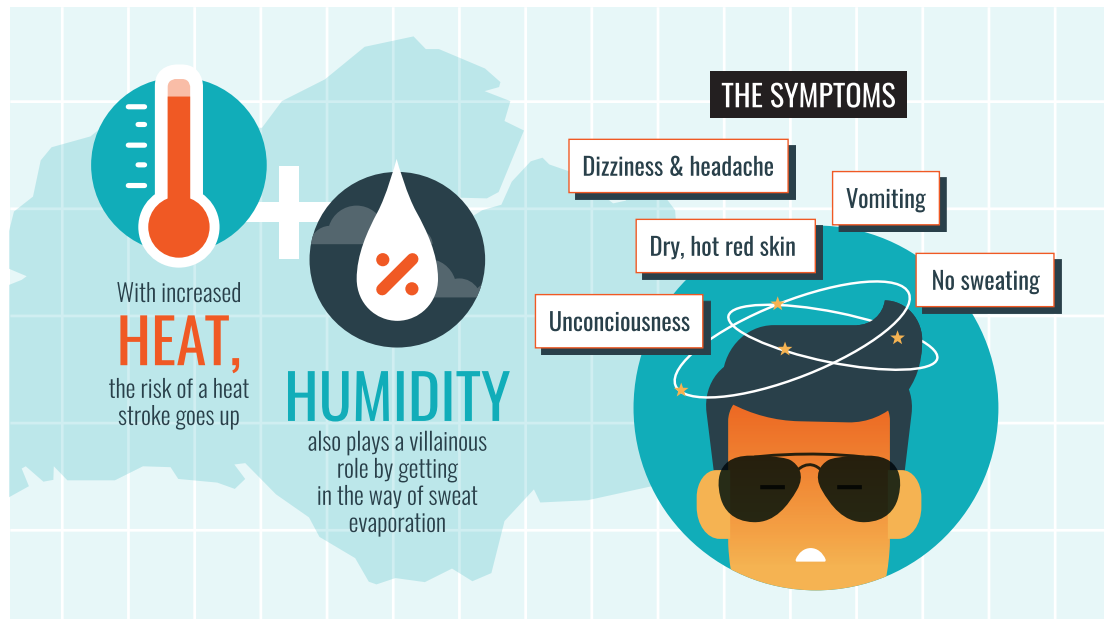


Stave off heat stroke!

Heat and humidity, both of which Singapore is known for, are a killer combination. Heat stroke is 100 per cent preventable. Learn how to protect yourself and stay cool, literally!



CRITICAL POINT

Your body's ability to cool down in hot weather depends on your sweat evaporating at a rate sufficient to lower your body temperature. If your sweat cannot evaporate sufficiently to cool you down, or it is so humid that sweat cannot evaporate easily, your body could overheat, which can be fatal.

High heat + high humidity = heat stroke?

YOU CAN PREVENT IT WITH THESE TIPS



Avoid the sun between 10am and 4pm

This is the hottest period of the day and the possibility of heat stroke is high. Use an umbrella or wear a visor, and always have water on hand if you need to be outdoors. If you work outside, take breaks and stay hydrated.



Wear the “right” clothes

Go for clothes that are cooling, light and not too tight. A quick way to cool the body is to dip a towel in cold water and press it on the neck, armpits and groin area.



Drink water frequently

Don't wait for a parched throat before reaching for water. When you feel thirsty, your body is already screaming out for water. Keep to eight to 10 glasses per day, and more if you are exercising.



Watch your diet

Put aside caffeinated drinks and alcohol before exercising — they are diuretic and could leave you dehydrated. Avoid exercising when you feel unwell, as this can make you more likely to suffer from heat exhaustion.



Sleep well

You need to be well-rested as metabolism in hot weather tends to be high. Fatigue is a common complaint. Ample sleep can relax the brain and body system, hence preventing heat stroke.

Glugging water before any exercise may not be best, as it does not help replace the salts lost through sweating. An imbalance of salts leads to cramps or weakness of the arms. Isotonic drinks may be better to cope with heat stroke, as it replenishes the electrolytes lost through sweating.

TRUE ✓

The body's ability to cool itself declines with age, making the elderly more susceptible to getting a heat stroke

Delirium is a sign of heat stroke



HOW MUCH DO YOU KNOW ABOUT
HEAT STROKE?



I can just eat ice cream to stay cool

Sunscreen is sufficient protection

If I stay indoors during a heat wave, I definitely will not get a heat stroke

FALSE ✗