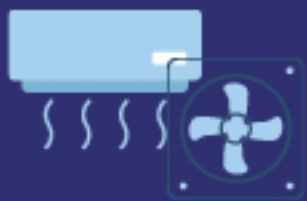


HEATWAVE

HOW TO PROTECT OURSELVES



Shaded & cool places



Light clothing



Plenty of water



Light meals



No heavy physical work



Lukewarm showers



Doctor's consultation for our medicines



Special care for babies & elderly