



National Centre  
for Disease Control  
Government of India



Ministry of Health & Family Welfare  
Government of India



World Health  
Organization  
India

# Beat the Heat



## Do's



Stay hydrated



Stay covered



Block direct sunlight



Remain indoor  
during 12:00 PM – 04:00 PM

## Don'ts



Avoid going out  
12:00 PM - 4:00 PM



Avoid strenuous  
activity in Sun



Don't leave kids and  
pet unattended in vehicle



Avoid alcohol, tea, coffee,  
high sugary drinks and fizzy drinks



Avoid cooking  
2:00 PM - 4:00 PM



Don't walk barefoot

People at risk ▶

