



PRATAP PUBLIC SCHOOL, KARNAL

Dear Students

17-05-2022

The rising mercury, soaring temperature and the ongoing heat wave sweeping the region can cause immense health problems to all of us.

To combat the ill-effects of this intense heat-wave, you are advised to observe the following Do's and Don'ts:

Do's:

- **Drink sufficient water at regular intervals - even if not thirsty.**
- **Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water), lemon water, butter milk, etc. to keep yourself hydrated.**
- **Carry your own water bottles and sip water in every period.**
- **Also, ensure that you carry enough water in your bottle while going back home.**
- **Have fresh and light food during lunch.**
- **Wear light cotton clothes that are loose and sober in colour.**
- **When moving out, cover your head with a cloth, cap or umbrella.**
- **Stay indoor as much as possible.**
- **If you feel faint or ill, see a doctor immediately.**

Don'ts:

- **Do not go outside on an empty stomach or after consuming heavy food.**
- **Avoid going out in the sun, especially in the afternoon unless there is an emergency.**
- **Avoid strenuous activities when outside in the afternoon.**
- **Do not go outside barefoot.**
- **Do not eat junk, stale or spicy food.**

Stay Hydrated, Stay Healthy

**Poonam Navet
Director-Principal**