

NARAYANA ENGINEERING COLLEGE::NELLORE DEPARTMENT OF ECE

A RALLY ON SUNSTROKE REMEDIES AT BALAJI NAGAR, NELLORE

The ECE department of Narayana Engineering College, Nellore organized an Awareness program “Remedies on Sunstroke” on 25-04-2018 with 100 Students and 10 faculty members at Balaji Nagar, Nellore in association with Indian Redcross society, Nellore.

Heatstroke is a potentially life-threatening condition, but it is avoidable. Remaining cool and hydrated is essential. Below are some simple ways in which this can be achieved:

- Clothing: Wear loose-fitting, lightweight clothes. These allow the body to cool properly
- Fluids: Maintain fluid intake to replace fluids lost through sweating
- Timing: Take extra precautions during the hottest parts of the day, between 11 am and 3 pm. If it is not possible to cease activity, increase fluid intake and take frequent rests in the shade.
- Sunburn: Avoid being sunburned as this affects the way in which the body cools down. Wear a wide-brimmed hat and use sunscreen.
- Caution: If an individual is at risk of heatstroke, whether due to medications, health status, or age, they should ensure medical services are nearby if they plan to partake in strenuous activity on a hot day.

Heatstroke is an underestimated condition that is completely avoidable if simple recommendations are followed. To summarize: On a hot day, wear loose clothes and have a cold drink while you sit calmly in the shade.

