



DAV PUBLIC SCHOOL, SECTOR-14, GURUGRAM
“DAV WELLNESS”
Monthly News Letter (May 2019)

Dear Students,

It is summer time! Enjoy the season but beware of the heat. Extended exposure to the harmful rays of the sun changes the body temperature from normal to above 105 degree Fahrenheit. The excessive heat prevents the body from coming back to normal state. This rise in temperature causes immense damage to the internal and external organs. And when this happens, the condition is called heat stroke or sunstroke.


Sunstroke is characterized by dehydration i.e. excessive fluid loss from the body. This loss of fluid is generally accompanied by the loss of salt through sweating. Involuntary painful contractions of the muscles in the abdomen, legs and arms are also a result of heatstroke.

Common Symptoms –

- Throbbing headache
- Dizziness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscles weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak.
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation.
- Seizures
- Unconsciousness.

Ways To Prevent A Sunstroke –

1. Drink plenty of fluids -- It will help your body sweat and maintain a normal body temperature. Those undertaking heavy exercise should drink two - four glasses of cool fluid each hour.
2. Wear Light Clothing -- Wearing excess clothing or tight apparels won't allow your body to cool properly.
3. See A Doctor -- If you have symptoms such as high body temperature, dizziness, nausea and vomiting, seek immediate medical help.
4. Change the time of Morning Walk -- It is best not to exercise or do any strenuous activity during day time. But if, you must take break and consume enough fluids. Exercise during the cool hours of early morning.

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5. Avoid Hottest Part of The Day -- Avoid exposure and activity in the sun at the start of the heat wave. Give your body time to get used to the heat. Keep children and the elderly indoors during the afternoon (11am - 3pm), when the temperature outside is at the highest.
 6. Avoid Drinking Caffeinated Beverages-- These can act as diuretic, which flush fluids out of the body, resulting in dehydration and heat exhaustion.
 7. Protect against Sunburn-- Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide brimmed hat and sunglasses. Use a broad-spectrum sunscreen with above 30 SPF (Sun Protection Factor), applied all over the exposed skin 20 minutes before going out.
 8. Never Leave Anyone in a Parked Car-- this is a common cause of heat - related deaths among children. When parked in the sun, the temperature in the car can rise very high.
 9. Let Your Body Acclimatize to the Heat-- sudden change in temperature can cause illness. It is better to rest a bit before getting into an air - conditioned building immediately after being in the sun for a long time.
 10. Bath / Shower frequently.
 11. Have light lunch. Avoid high protein diet in the afternoon.

Play It Cool With Cooling Food:-

- Start your day with a glass of warm water.
- Consume Nimbu Paani with black salt.
- You can also opt for coconut water, which replenishes the loss of minerals through perspiration. Coconut water is counted as a wonder food, and is called “fluid of life’ because of it's oral rehydration capacity.
- Sugarcane juice is a brilliant alternative. It provides the body with natural sugar.
- Aam Panna, a drink made of raw mangoes, is a famous home remedy for sunstroke.
- Yogurt- Eating fresh yogurt regularly is the most effective way to restore the balance of intestinal bacterial called ‘flora’. It also helps maintain body temperature.
- Watermelon, cucumber and musk melons have high water content and high levels of natural sugar. They keep the body cool and refreshed.
- Onions and mint are also natural coolants.

**EAT ACCORDING TO THE SEASONS
AS NATURE HAS REASONS!
THIS IS HEALTHY WAY TO SAIL THROUGH SUMMER.**