



National Centre
for Disease Control
Government of India



Ministry of Health & Family Welfare
Government of India



World Health
Organization
India

Symptoms of heat related illnesses



**Be alert, remember the symptoms
And take precautions**



Hot, red
and
dry skin



Body
temperature
≥ 40 C or
104 F



Nausea
and
vomiting



Throbbing
headache



Muscle
weakness
or cramps



Rapid shallow
breathing
and rapid
heart beat



Anxiety,
dizziness,
fainting &
light headedness

If you or others feel unwell



Hydrate
yourself



Move to
cooler
place and
take rest



Take
cool
shower

Visit doctor or call ambulance



Heat cramps
lasts more than
one hour



Unconscious



Body temperature
≥ (40°C or 104°F)



Symptoms
get worse



People at risk ▶

