

# Summer Heat Can Kill!

The world is getting hotter and hotter. Every year the Earth's temperatures are continuously rising.

The Hong Kong Observatory<sup>1</sup> recently indicated<sup>2</sup> that the average temperature this summer was the highest in 132 years. With the soaring<sup>3</sup> heat, many people suffer from heat stroke<sup>4</sup>, where their body overheats and cannot sweat<sup>5</sup> properly to cool down. People with heat stroke may feel nauseous<sup>6</sup>, tired, dizzy and thirsty. They may have too much sweating, faster heartbeat and muscle spasms<sup>7</sup>.
















We have hotter summers than before.

People who work outdoors are advised to avoid absorbing extra heat during the summer season. No matter how much we love the summer sun, we must stay alert and safe under the heat!



Rest in the shade more often when you stay outdoors.

You may follow these rules to prevent heat stroke.

1. Drink plenty of water        
2. Wear loose<sup>8</sup> and lightweight clothing so sweat can evaporate<sup>9</sup>   
3. Apply sunscreen regularly to exposed<sup>10</sup> skin  
4. Stay away from heat. Stay indoors during the hottest part of the day, especially around noon

## Vocabulary

1. observatory 天文台 2. indicate 指出 3. soaring 驟升的 4. heat stroke 中暑 5. sweat 流汗  
6. nauseous 令人作嘔的 7. spasm 抽搐 8. loose 寬鬆的 9. evaporate 蒸發 10. exposed 外露的