## Summer Heat Can Kill!

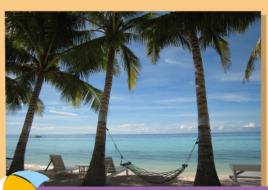
The world is getting hotter and hotter. Every year the Earth's temperatures are continuously rising.

The Hong Kong Observatory¹ recently indicated² that the average temperature this summer was the highest in 132 years. With the soaring³ heat, many people suffer from heat stroke⁴, where their body overheats and cannot sweat⁵ properly to cool down. People with heat stroke may feel nauseous⁶, tired, dizzy and thirsty. They may have too much sweating, faster heartbeat and muscle spasms⁻.



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> The
- 3. Apply sunscreen regularly to exposed 10 skin -
- 4. Stay away from heat. Stay indoors during the hottest part of the day, especially around noon

