

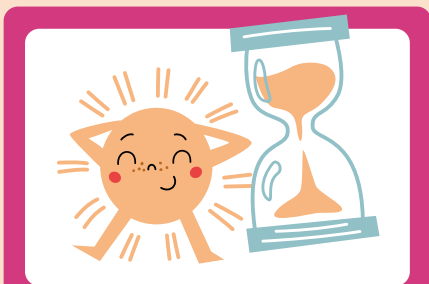
SUMMER



savills

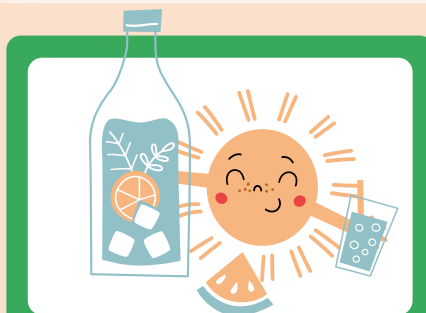
HEALTH CARE GUIDE

PEAK HEAT SEASON



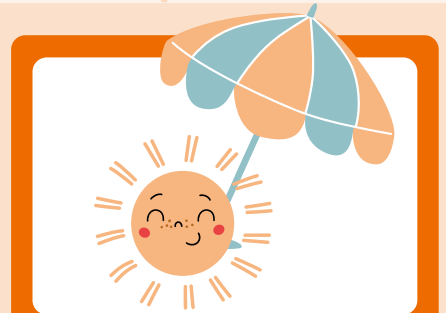
Hours

10am to 4pm



Period

April to May



Typical Temperatures

35 to 37°C

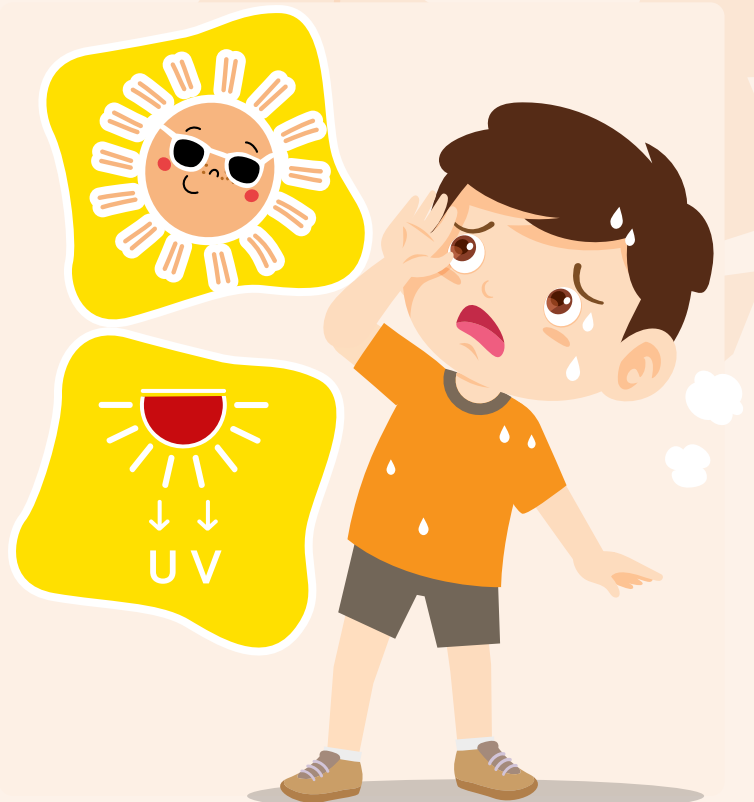
SIGNS OF HEAT EXHAUSTION AND HEATSTROKE

Mild Symptoms

Fatigue, persistent thirst, dizziness, light-headedness, muscle cramps, rapid heartbeat.

Severe Symptoms

Intense headache, nausea or vomiting, low blood pressure, seizures, fainting, or loss of consciousness.



HEALTH PROTECTION GUIDE



Nutrition

- Increase intake of green vegetables and hydrating fruits (orange, grapefruit, watermelon).
- Drink plenty of fluids (prioritise plain water and electrolyte replacement drinks like Oresol).
- Limit alcohol, caffeine, or high-sugar beverages.
- Avoid overeating or consuming oily foods during lunch.



Lifestyle

- Avoid prolonged physical activities outdoors during peak hours.
- Take a 10–15 minute break in a cool area for every hour of continuous work in the heat.
- Exercise regularly to improve your body's ability to adapt to the weather.
- Avoid showering immediately after sun exposure, as sudden temperature changes can increase the risk of stroke.

Clothing

- Wear lightweight and sun-protective clothing, including sunglasses and wide-brimmed hats, to manage sweat and reduce sun exposure.
- Apply sunscreen (SPF 30 or higher) to face and body.
- Avoid direct sunlight on the skin, especially the neck and shoulders.

Temperature Adjustment

- Set air conditioning to 25°C or higher to help the body adjust.
- Turn off the air conditioner 30 minutes before going outside.
- Avoid sudden transitions between air-conditioned spaces and intense outdoor heat.
- Avoid directing fans at the body for prolonged periods to prevent dry skin and throat irritation.

EMERGENCY FIRST AID FOR HEATSTROKE

- Step 1: Immediately move the person to a cool, shaded area.
- Step 2: Loosen clothing and apply cool compresses to the forehead, armpits, and groin to lower body temperature.
- Step 3: If the person is conscious, provide cool water or electrolyte drinks.
- Step 4: If symptoms persist, contact medical services or transport them to the nearest medical facility.

Sources: Disaster Prevention Communication Documents; hcdd.vn; Vietnam News Agency (VNA).