

# The Indian Medical Minutes

“Your Family Doctor’s Weekly Guide to Good Health.”

## Beating the Summer: Stay Safe from Heatstroke

As summer temperatures soar across India, protecting yourself from heat-related illnesses is vital. Heatstroke occurs when the body can no longer regulate its own temperature, causing it to rise rapidly to dangerous levels. If left ignored, it can become a severe medical emergency.

### Recognizing the Warning Signs

- high body temperature,
- an intense throbbing headache, dizziness & nausea,
- rapid pulse,
- a total lack of sweating despite the extreme heat.



### Simple Steps to Stay Protected

- ❖ **Hydrate Constantly:** Drink plenty of water throughout the day. Drink local natural fluids like coconut water, fresh buttermilk (*chaas*), or lemon water (*nimbu paani*) to replenish lost essential salts.
- ❖ **Limit Peak Sun Exposure:** Avoid heavy physical exertion outdoors between 11:00 AM and 4:00 PM when the sun is at its harshest.
- ❖ **Dress Wisely:** Wear loose, light-colored, breathable cotton clothing that allows your body to cool down naturally.
- ❖ **Never Leave Anyone in Parked Cars:** Temperatures inside a locked vehicle can turn fatal within minutes, especially for children and senior citizens.



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**Office Address:** B-503, Premium House, Opposite Gandhigram Railway Station, Off Ashram Road, Ahmedabad, Gujarat, India.