



# HEATWAVES



## What is Heatwave?

A heatwave is a period of unusually hot weather that typically lasts two or more days.

### CAUSES



Climate Change



Urbanization



Deforestation

### EFFECTS



Animal and Birds



Agriculture



Drought



Human Health Impact

### REASON

Heatwaves form when a high-pressure area in the upper atmosphere strengthens and remains over a region.

## Health Impact of Heatwaves



### Heat Exhaustion

Heavy sweating Fast, weak pulse Muscle cramps Headache, nausea & dizziness



### Heat Stress

Rapid heartbeat Headache, cramps Weakness, chest pain Laboured breathing



### Heat Stroke

High body temperature Fast, strong pulse Losing consciousness Nausea, headache & dizziness

## DO

Stay Hydrated



Stay Covered Wear light colour clothes

Utilize shade by using hats and umbrellas. Stay in shadow



Block direct sunlight



## DON'T

Avoid hot beverages and spicy food



Avoid outdoor activities. Avoid going outside unnecessarily between 12:00pm-04:00pm

Avoid extreme temperature changes.



Don't leave pets outside

Extreme heat kills more people per year than any other climate hazard

