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English News

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AVOID EXCESSIVE EXPOSURE TO THE HOT WEATHER



USM, PENANG, 25 March 2016 – The public needs to give serious attention to the heat wave that is hitting the country now.

Every member of the public should also know and be aware of the weather conditions to avoid from being affected by the heat wave and to take preventive measures to prevent any untoward incidence.

Director of Pusat Sejahtera, Universiti Sains Malaysia (USM), Dr. Normala Abdul Wahid urged the USM community to take note of this matter because heat stroke would happen to those exposed to extreme heat from the sun.

“The health complications that could arise are hyperthermia, heat edema, heat rash, heat cramps, fainting, heat exhaustion and heat stroke. Avoid exposure to the scorching sun between 11am and 3pm, and walk in the shade, use sunscreen for protection, or use a hat or scarf if necessary,” she said.

According to Normala, the USM community should avoid extreme physical exertion and wear appropriate clothing made of cotton.

She also advised those who would be visiting countries with a warm/hot climate to always be careful once they have arrived and take some time to adapt to the weather conditions.

Normala also urged citizens to consume plenty of water, avoid excessive intake of alcohol, caffeine and hot drinks; moreover, the intake of foods with high water content such as vegetable salads and fruits are highly recommended.

“Bathe with cold water, sprinkle water on the skin or clothes, or put a damp cloth on the back of your neck if you are under the hot sun, furthermore, if you go for frequent urinations and if the colour of the urine is dark, that would indicate dehydration and the person needs to drink more water,” she added.

She also gave tipson emergency aidto tackle heatstroke by transferring the patient to an environment that is shaded and has air-conditioning facilities or at least a cool place, with jackets or coats worn by the patient need to be removed and to wipe the body using a wet sponge or a

wet towel, put ice packs in the armpits, groin, neck and the back of the patient because these areas are rich in blood vessels and are able to reduce the body temperature quickly and if possible, let the patient soak in a tub of water to minimize the heat effect.

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