

LivSafe is a conscious safety initiative of Liberty Videocon to help people live safer, secure lives through an education series of proactive and preventative suggestions in the safety arena. This document does not purport to promote any product, directly, or indirectly.

## Measures to prevent major health risks occurring during summer months

### Overview

Scorching sun, blazing heat, humidity and perspiration, eating outside food, dehydration... The summer brings about many problems which take a heavy toll on our body. Some of these cannot be avoided, however, with proper care and adequate preventive measures, most of the occurring health risks during summer can be avoided.

We at Liberty Videocon General Insurance value the importance of living a healthy life; and intend to suggest some useful measures to prevent health risks during summer months. We sincerely hope that the measures suggested in this document will help you follow a proper regimen for staying healthy during hot and humid summer days.



Source: <http://www.inlifehealthcare.com/wp-content/uploads/2014/04/heat-exhaustion.jpg>

## Top 7 summer health risks and ways to prevent them

### Dehydration

During summer days as outside temperature starts to rise, exposure to sun rapidly declines water level from body through breathing and perspiration, resulting in dehydration.

#### Signs & Symptoms

1. Headache
2. Tiredness or nausea.
3. Dehydration also increases chances of heatstroke

#### Prevention

1. Drink plenty of fluids to maintain body fluid level. Don't wait for feeling thirsty.
2. Limit your alcohol consumption as it can cause more fluid loss.
3. Children can easily get dehydrated, as their body is unable to adjust with temperature changes. So, ensure that your child stays hydrated with regular intake of water and fruit juices.
4. Take frequent water breaks whilst engaging in outdoor activities.

mechanism fails due to overexposure to high temperature. Hence, body's core temperature rises which can lead to internal body damage.

#### Signs & Symptoms

1. Dizziness
2. Headache
3. Rapid pulse rate
4. Short rapid breathing
5. Rise in body temperature
6. Nausea
7. Unconsciousness
8. Hallucinations
9. Convulsions
10. Dry skin & dehydration

#### Prevention

1. Limit your outdoor activities, particularly during mid-noon.
2. Drink plenty of water and juices to hydrate your body.
3. Take time to adjust with new weather, so that the body's temperature regulating system gets used to the new climate.

### Sunstroke

Sunstroke, commonly known as heat stroke, is a serious medical condition that sometimes may turn out life-threatening. In sunstroke, the body's heat-regulating

### Prickly Heat

Excessive sweating in hot and humid weather gives rise to itchy, bumpy rashes with prickly sensation, and sometimes results in small blisters.

**Prevention**

1. Bathe frequently and wear loose fitting cotton clothes that absorb sweat easily.
2. Use appropriate talcum powder to relieve prickly sensations.
3. Don't use moisturiser on affected area as it can prolong rashes. In severe cases, consult your doctor.

**Skin Damage**

During summer, sun is at its peak. Picnic or outing can expose your skin to harmful ultraviolet radiation.

**Sign & Symptoms**

1. Wrinkles, premature ageing and even skin cancer.

**Prevention**

1. Apply sunscreen with SPF 15 or more, before going outside and re-apply as and when needed, throughout the day.
2. Wear loose fitting clothes covering hands and legs entirely and hat to minimise sun exposure.

**Food Poisoning**

As summer is a time for outing and camping for children, cases of food poisoning are high. Summer activities lead to eating outside food and drinking water/ juices that could be contaminated.

**Prevention**

1. Avoid having cut fruits and food items from roadside

vendors.

2. Always carry water bottle from home.
3. In case of eating or drinking outside, make sure the vendor maintains cleanliness at each and every step of food preparation and serving.

**Eye Damage**

Exposure to strong UV radiation in summer leads to eye damage.

**Prevention**

1. Wear sunglasses providing 100% UV protection while going outside.
2. Always remember to wear sunglasses especially near reflective surfaces like water.

**Bad Smelling Perspiration**

Perspiration or sweating is the body's natural way to get rid from overheating and keep your body cool. Hot weather increases the sweating process and superimposed bacterial growth imparts bad odour to the body.

**Prevention**

1. Use cotton clothes as they allow the skin to get enough air.
2. Bathe frequently.
3. Change clothes twice a day to prevent bacterial growth.
4. Use deodorant to suppress bad smell.

**Trivia - For 'No Tobacco Day - 31st May 2014'**

1. One-fifth of all worldwide deaths attributed to tobacco occur in India; more than 8, 00,000 people die and 12 million people fall ill due to tobacco use each year.
2. India could see an even greater increase in tobacco-related morbidity and mortality rates by the year 2050 and beyond. 50% of cancer deaths, majority of the cardio-vascular, lung disorders and other related diseases are attributed to tobacco consumption.
3. Government spends Rs. 27,000 crore each year to treat tobacco related disease. Since in addition to smoking cigarettes and beedis, other forms of tobacco consumption like chewing are widely prevalent in India, our country ranks second after China in tobacco related deaths.

**Sex specific ratio of tobacco users in India**

Particulars	Male (%)	Female (%)
Tobacco Users	46.5	13.8
Smokers	29.3	2.4
Chewers	28.1	12.0

Source: [http://rctfi.org/goi\\_initiatives1.htm](http://rctfi.org/goi_initiatives1.htm)



<http://rocalgm.com/resources/Pages/Tobacco.jpg>

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