



OFFICE OF DISASTER PREPAREDNESS AND MANAGEMENT
A DIVISION OF THE MINISTRY OF NATIONAL SECURITY
TRINIDAD & TOBAGO

BEAT THE HEAT

Here are some tips to help you stay cool:

1

Drink lots of water throughout the day to stay hydrated.

2

Do not leave children, differently abled persons or pets unattended in vehicles, even with the windows down.

3

If you need to be outdoors, seek shade under trees or umbrellas to avoid direct sunlight.

4

Avoid drinks with caffeine or large amounts of sugar.

5

Opt for loose-fitting and light-coloured clothing made of natural fabrics like cotton. Avoid dark colours as they can absorb heat.

6

Try to limit physical activities and exercise during the hottest parts of the day.



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What Should You Do During Extreme Heat?

STAY COOL

- Limit your outdoor activities.
- Stay in an air-conditioned place as much as possible.
- Wear lightweight, loose clothing and take cool showers or baths.



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What Should You Do During Extreme Heat?

STAY HYDRATED

- Drink at least 8 - 10 glasses of water, daily.
- Avoid alcohol, salt and caffeine.
- Choose foods high in water content such as watermelon, cucumbers, lettuce, tomatoes and cabbage