

# UNDERSTANDING HEAT STRESS

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# SYMPTOMS OF HEAT STRESS

## DISCOMFORT WITH SLEEP



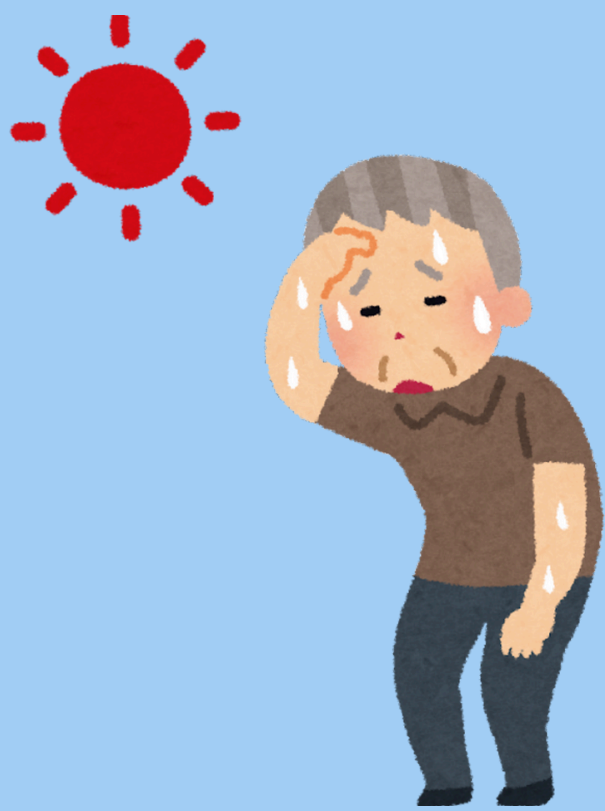
Sleep issues such as insomnia can be a direct consequence of heat. Lack of sleep then has secondary consequences on health.

## RASHES



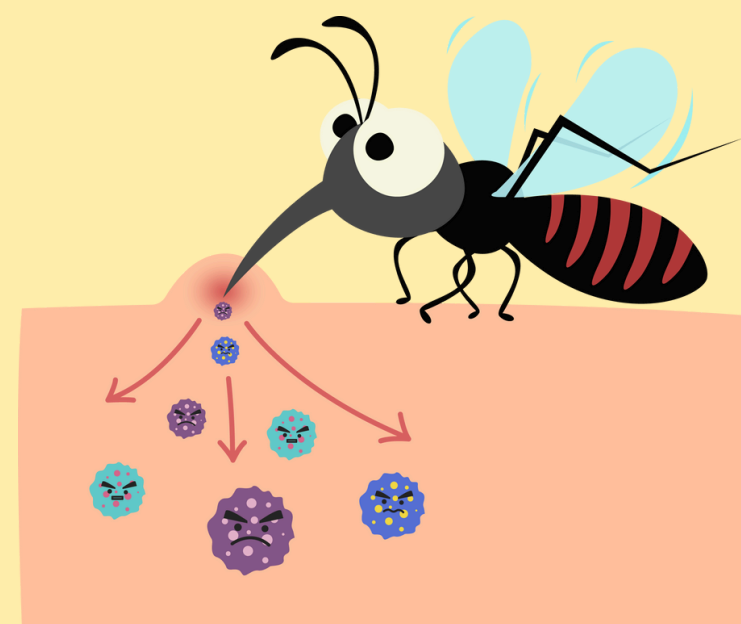
Rashes are disregarded as a consequence of heat, however they are common due to excessive sweating.

## DEHYDRATION



Spending time in the heat can cause severe dehydration and heatstroke

## MALARIA



Heat causes a rise in vector-borne diseases

## DIZZINESS + FATIGUE

Sun exposure can cause headaches, dizziness and fatigue which should be taken seriously, with medical help being sought.



## MENTAL HEALTH



Heat can cause irritation and depression, affecting relationships and creating social disharmony. Heat also increases aggression, leading to violence (eg. domestic violence).

# ADAPTING TO HEAT STRESS

## VENTILATION

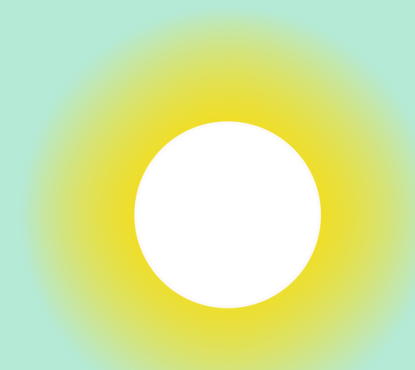


Keep doors and windows open to allow fresh air and cross-ventilation to aid with cooling

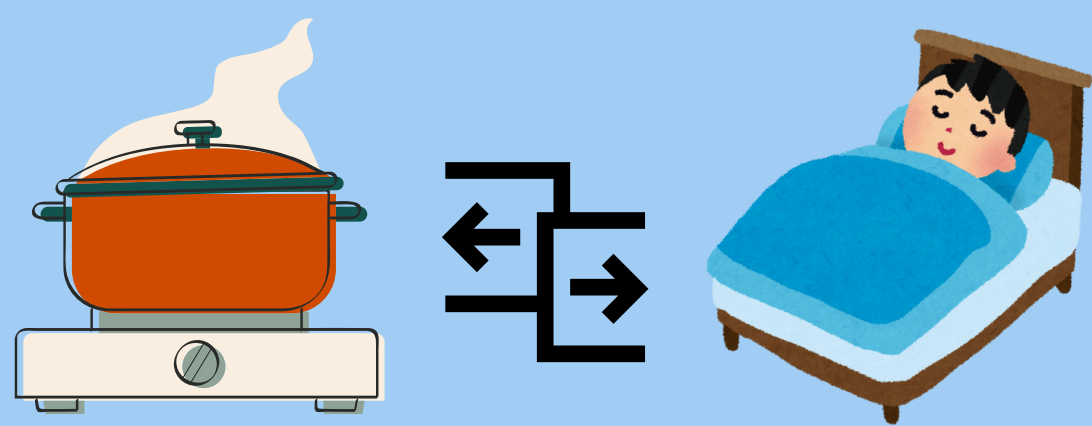
## REDUCE ACTIVITY IN HEAT



Change working patterns to avoid direct sunlight whilst outside



## SEGREGATE KITCHEN



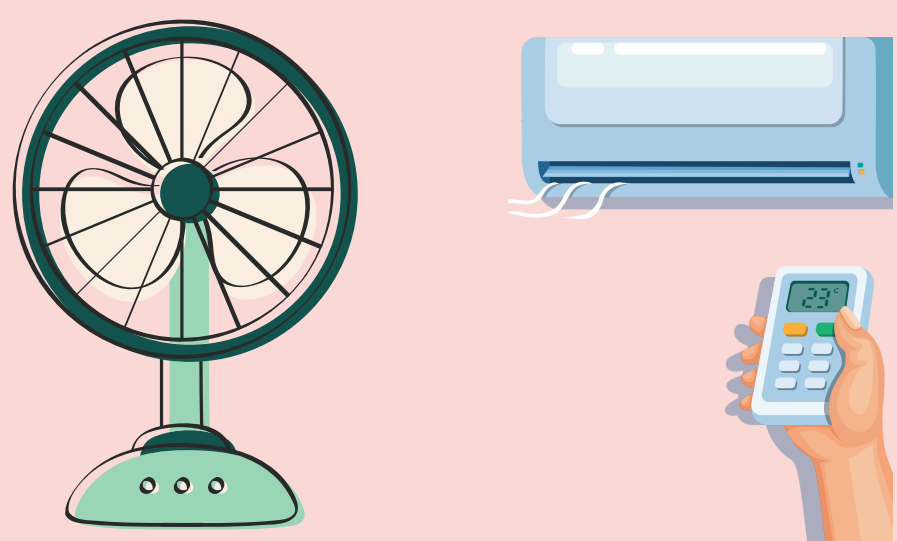
Keep cooking spaces and bedrooms separate from living spaces to avoid the spread of heat and smoke inhalation

## GREEN SPACES



Invest in green spaces and natural shading to cool down buildings

## ELECTRIC COOLING



Use fans and AC if they are available!

## USE WATER



Drink plenty of water, and use non-drinkable water on the skin to evaporate and minimise sweating

# VULNERABILITY TO HEAT STRESS

## Populations

Some groups of people are more prone to the risks of heat stress than others, so extra care is needed for them



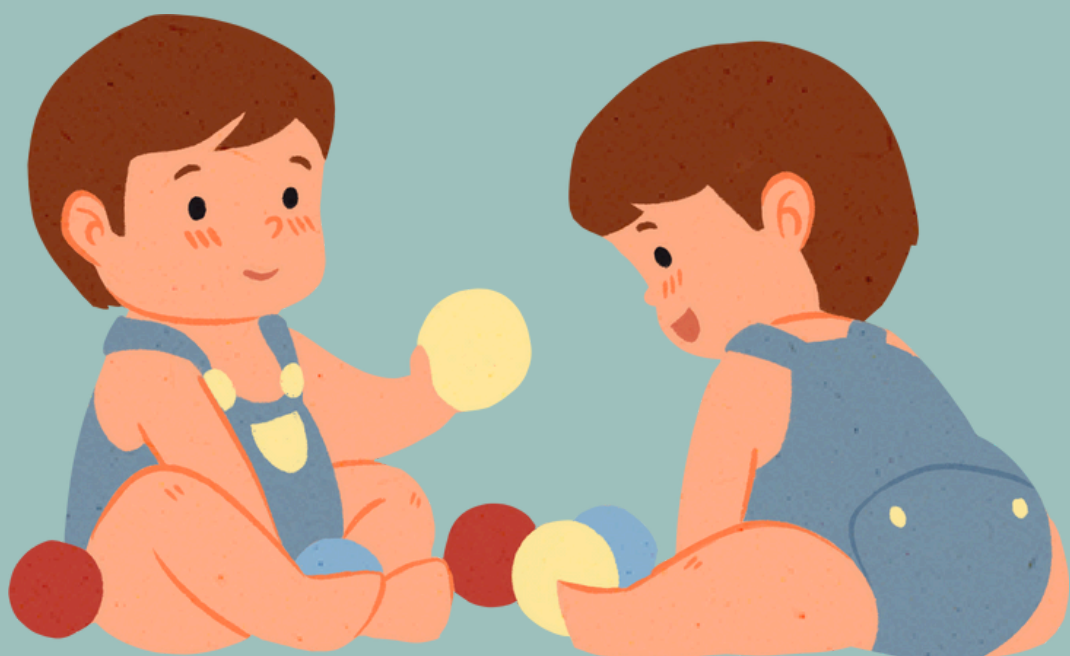
The elderly



Women in  
the Kitchen



Existing  
health  
conditions



Children and Babies

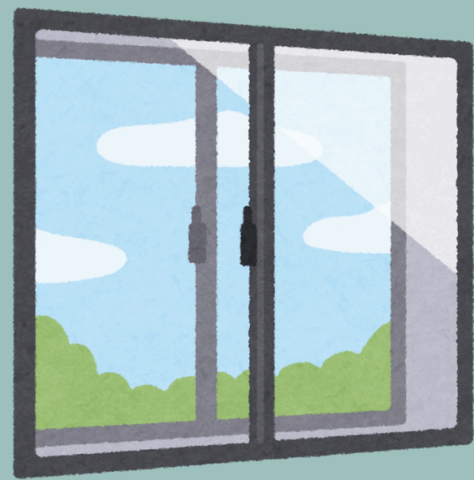


Pregnant Women

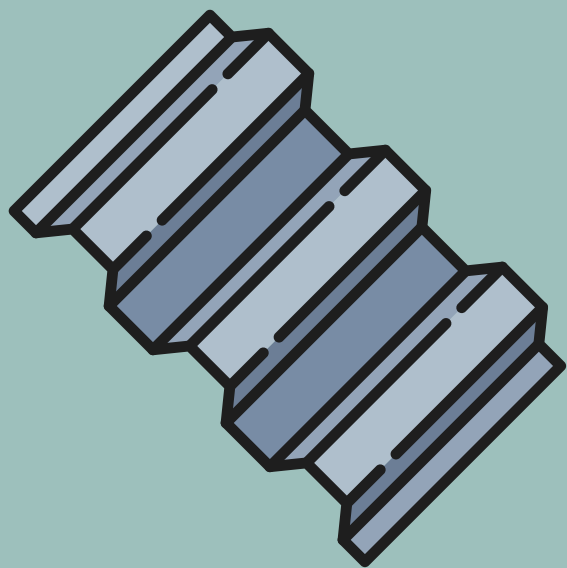
# VULNERABILITY TO HEAT STRESS

## Architecture

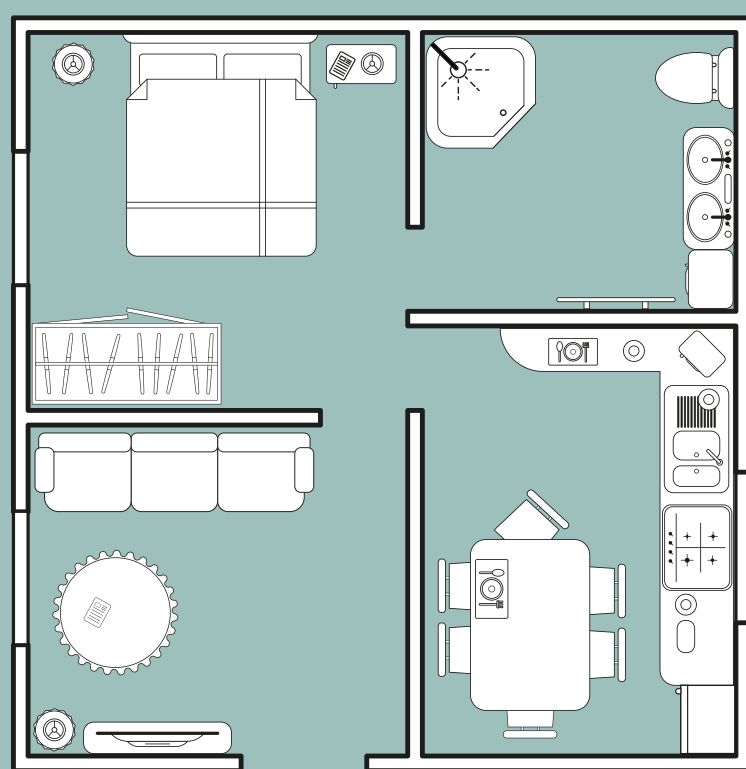
Slum Housing is vulnerable to heat stress  
because it includes:



Lack of Ventilation  
and Insulation



Tin Roofs and Heat  
Trapping Materials



Lack of Separate Rooms

