

Dear all,

You would have noticed recently that the heat during the day and night have been unbearably high. According to Experts, this is as a result of heat waves stemming from the emission of greenhouse gases. The Nigerian Meteorological Agency (NIMET) has warned Nigerians to prepare for more hot days and warm nights. This preparation will require smart adaptation strategies and engaging in climate resilient practices to cope with the damage that has been done.

The common effects of heat waves on humans are dehydration which can lead to fainting or death, chickenpox, heat rash, and psychological stress.

In order to cope with the current climate conditions, experts have advised that we should:---

1. Drink more water to keep hydrated.
2. Keep a water bottle with you to remind you to take water.
3. Avoid alcoholic and caffeinated drinks during this period.
4. Reduce intake of foods that are rich in protein (e.g. red meats, etc.) because they increase metabolic heat.
5. Feed on fresh fruits and vegetables which are better options.
6. Monitor your blood pressure to ensure you are within the normal range.
7. Stay indoors (in your house or office) between 12noon & 3pm each day as much as possible.
8. Take cold-water baths before going to bed at night.

Please endeavor to adhere, we need you hale and hearty!

CMRS CARES!!!