

Safe Family, Safe Community

Keep the Family Healthy

Stay Safe in Extreme Heat



Drink 8–12 glasses of safe water during the day

Avoid staying outside under intense sunlight for long periods unless necessary

If going outside, use an umbrella, hat, or cloth on your head, and wear light-colored, loose clothing

Recognize the Signs of Heat Stroke



Very high body temperature and increased breathing or heart rate

Confusion, dizziness, or nausea and vomiting

Seizures or loss of consciousness

Take Immediate Action in Case of Heat Stroke



Move the sick person to a shaded, cool place

Wipe the face, neck, and body with a wet cloth

Take them quickly to the nearest health center or hospital

Use Safe Water



Boil drinking water thoroughly before consuming

Store safe water in clean, covered containers

Whenever possible, use safe water from a submersible pump

Drink Oral Saline During Diarrhea



Taking ORS is essential if you have loose stools

Mix one ORS packet in half a liter (or two glasses) of safe water

Drink at least one glass of the prepared ORS after each bowel movement

If Diarrhea Happens Frequently



Be alert if you have loose stools many times within 24 hours

Pay attention if there is vomiting, stomach pain, or weakness

Go quickly to the nearest health center or hospital

Keep the Home and Surroundings Clean

Grow Vegetables on the Roof

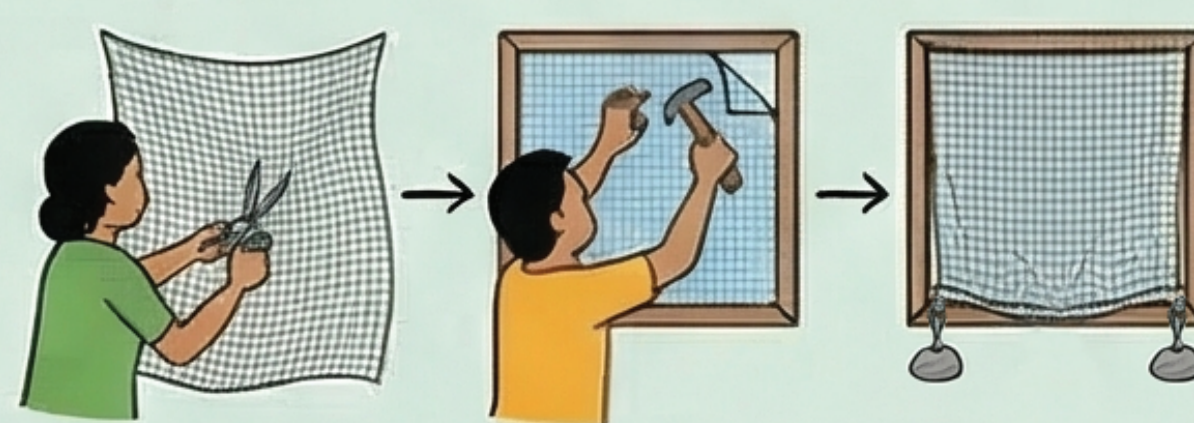


You can grow bottle gourd or pumpkin by making a small platform on a tin roof

Plants can also be grown using old buckets or pots

Having plants on the roof can help reduce heat inside the house

Make Screens Using Old Mosquito Nets



Cut an old mosquito net and fit it on doors or windows to reduce mosquitoes while allowing air flow

Secure the top and sides well with nails

Weigh the bottom with stones or bricks to prevent the screen from flying away

Keep the Area Clean



Dispose of household waste in designated places

Do not throw any waste into drains or gutters

Everyone should work together to keep the surroundings clean

Keep Your NID and Birth Certificate Safe

If Important Documents Are Lost

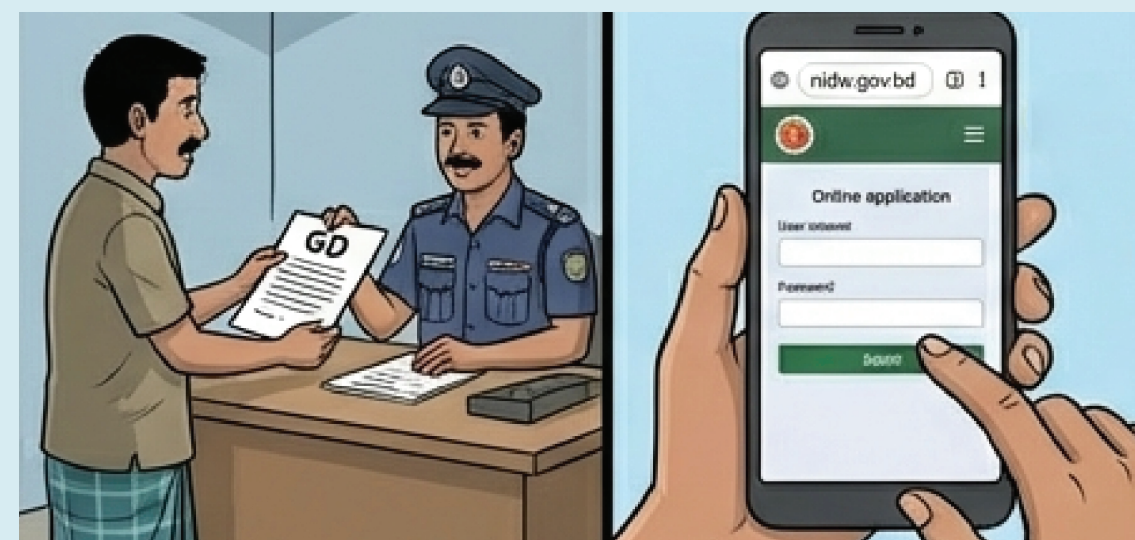


Losing your NID or birth certificate can cause problems in important matters

It becomes difficult to access government services or various benefits

Getting new documents can take time and involve hassle

What to Do if You Lose Your NID

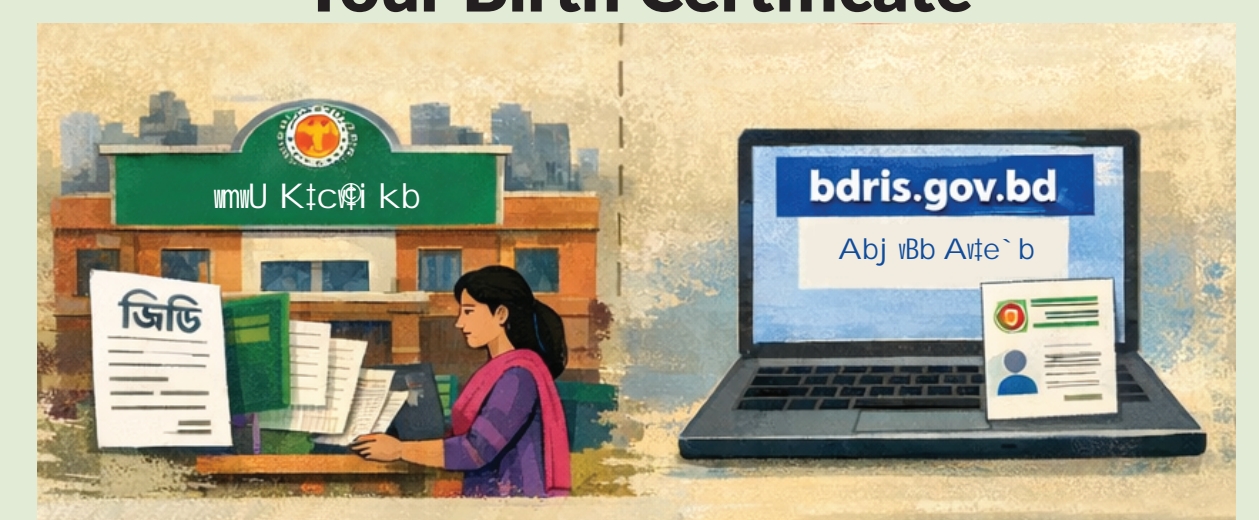


First, file a GD (General Diary) at the nearest police station

Take a copy of the GD and any necessary documents to the election office

If needed, apply online for a new NID: nidw.gov.bd

What to Do if You Lose Your Birth Certificate



First, file a GD (General Diary) at the nearest police station

Take a copy of the GD and necessary documents to the nearest city corporation office to apply

If needed, apply online for a new birth certificate: bdris.gov.bd



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Some of the messages in this material have been adapted into simple and accessible language based on information from the National Guideline on Heat-Related Illness, the ACCESS4ALL Project of BRAC James P Grant School of Public Health (JPGSPH), BARCIK, and the work of the students of the 22nd Batch of the MPH Program at BRAC JPGSPH, BRAC University.

The images used in this material have been created using Artificial Intelligence (AI).