

DS/054/2025-26

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## Summer Do's and Don'ts

Dear Parents,  
Greetings from Dewvale School!

As summer heats up, it is the perfect time to refresh your wellness routine and embrace habits that keep you feeling vibrant, energized and balanced. Whether you're soaking up the sun or staying cool indoors, these simple summer tips will help you make the most of the season while taking great care of your mind and body. Let's dive into easy ways to stay healthy and happy all summer long!

Please find the attached poster for your reference.

Best Regards,



سيما عمر

Seema Umar



# SUMMER SAFETY

## TIPS FOR ADULTS

### DO

#### **STAY HYDRATED.**

Drink at least eight glasses of water and/or fruit juices every day.

#### **STAY INDOORS.**

In extreme heat and high humidity, the body works harder to maintain a normal temperature. Limit your outdoor activity to the morning and the evening.

#### **DRESS APPROPRIATELY.**

Loose-fitting and lightweight clothing is best. Dress in lighter colors that reflect the sun and heat.

#### **PROTECT YOUR SKIN AND EYES.**

Wear sunglasses to block harmful UV rays. Wear sunscreen of SPF30 or higher.

#### **KNOW THE SIGNS OF HEAT-RELATED ILLNESSES SUCH AS DEHYDRATION, HEAT STROKE, HEAT EXHAUSTION, ETC.**

### DON'T

#### **OVERDO ALCOHOLIC AND CAFFEINATED BEVERAGES SUCH AS SODA, COFFEE AND TEA LEAVE YOU DEHYDRATED QUICKLY.**

#### **FORGET TO USE A FAN OR AIR CONDITIONER.**

#### **WEAR DARKER COLORS THAT ATTRACT THE SUN AND HEAT.**

#### **FORGET TO WEAR A HAT AND GLASSES.**

#### **HESITATE TO TAKE IMMEDIATE ACTION IF YOU FEEL ANY SYMPTOMS.**