

# Laila and Amar Survive the Summer Heat



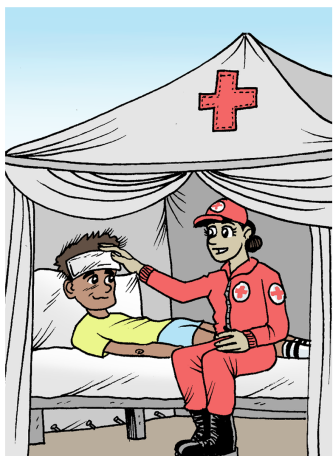
Summer time can be dangerously hot for everybody, especially for young children and older people.



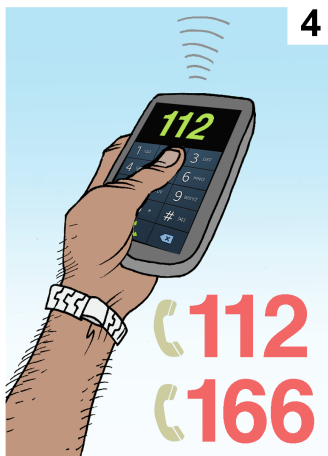
Laila and Amar played outside in the heat and sunshine. They forgot to wear hats and drink water.



In the evening, Amar got a headache and started feeling dizzy. His skin was red and he didn't feel like eating or drinking anything.



Laila gave him water to drink and tried to cool him down with wet towels. She then alerted help. If the health clinic is open bring the patient there, otherwise call an ambulance.



Now, Amar plays in the shade whenever he can, drinks water regularly and wears a hat to protect him from the heat.



Laila and Amar make sure that they also tell their family and friends to stay in the shade and drink a lot of water when it's hot.

