



HOW TO DEAL WITH THE KOLKATA SUMMER HEAT

Kolkata's summers are well known for being more than just hot. **They're intense, humid, and often exhausting.** As temperatures soar and humidity levels climb, staying comfortable and healthy is challenging to say the least. But a few mindful measures can help you tackle the season easily.

First and foremost, hydration is essential. The combination of heat and humidity leads to excessive sweating, which can quickly drain your body of fluids and essential salts. Sip water regularly through the day, even if you don't feel very thirsty. Traditional cooling drinks like aam panna, coconut water and chaas also help restore electrolytes naturally.

How you dress also makes a difference. Choose light, breathable fabrics like cotton and linen that allow your skin to breathe. Loose-fitting clothes in lighter shades help reflect heat rather than absorb it. Wear sunglasses or a hat or carry an umbrella when stepping out during peak hours.

It helps to plan out outdoor activities. The sun is usually at its harshest between late morning and mid-afternoon. If possible, schedule errands for early morning or after sunset. If you must step out, take frequent breaks in shaded or air-conditioned spaces to avoid heat exhaustion.



Food choices also matter. Lighter meals that are easy to digest. Fresh fruits like watermelon, cucumber and muskmelon are excellent for hydration and cooling. Avoid excessively spicy, oily or heavy foods that make you feel sluggish and overheated.

At home, keep your surroundings cool by using curtains or blinds to block direct sunlight during the day. A quick cool shower is great for lowering your body temperature.

It is also important not to ignore symptoms like dizziness, fatigue, headaches or nausea as they could mean heat exhaustion. **Rest, hydrate and seek medical help at Neotia Mediplus if needed.**