

HeatAware SG

Extreme Heat - The Silent Killer

Heat stress occurs when your body gets too hot and cannot cool itself down, causing your body temperature to rise. It can happen even when resting indoors in hot, humid weather.

Spot the Signs:



Feeling dizzy, weak, or faint



Headaches or muscle cramps



Nausea or raised heart rate

StayCool, Stay Safe

Simple ways to reduce heat at home



Wear light cotton clothes

Choose breathable, light-coloured fabrics that reflect heat.



Block out the heat

Install solar films, use curtains or blinds to reduce the sunlight coming in.



Switch off unused lights

Reduce indoor heat by turning off lights when not needed.



Choose cooling bedding

Use light bedsheets or a cooling pillow to reduce trapped body heat.



Soak your feet in cool water

Help your body cool down by soaking your feet.



Eat water-rich fruits

Enjoy watermelon, cucumber or oranges to stay hydrated.



Unplug idle devices

Unplug chargers and devices when not in use to reduce excess heat.



Declutter your space

Remove excess/unused items that block airflow and trap heat at home.



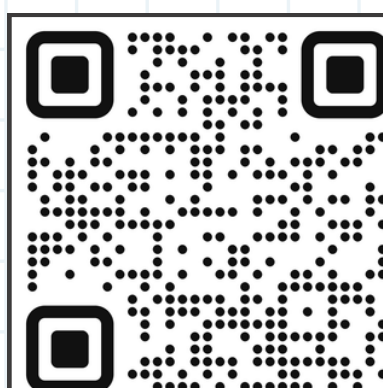
Add plants to balconies and windows

Use potted plants for shade and to help cool surrounding areas.



Switch to LED bulbs

Choose LED lighting, which produces less heat than older bulbs.



Scan the QR Code to know more information