

2020 is forecast to record heat. What to do to 'survive' through this point?

2020 is forecast to be a year with record hot summer, which can greatly affect your daily life as well as your health.

2020 is forecast to be a year of record hot summer during the past 10 years, so it can greatly affect your daily life as well as your health. So how can we survive this time? Please remember our tips below!

Eat right



Prolonged hot weather often makes the human body uncomfortable, it can even seriously affect health and cause death. Hot sun easily causes dehydration, cannot eat well, in the long run, it can cause weakness, fatigue, ineffective work . Therefore, in the hot season, you should pay attention to building a healthy diet. strong to promptly supplement the necessary nutrients, enhance the body's resistance:

1. **Drink plenty of water:** Water is an indispensable ingredient to help balance and maintain the body's temperature, avoid the phenomenon of heatstroke, heat stroke . In the record hot season, you should drink plenty of water and the right way offset the amount of water lost through excretion. The best way is to drink juice or electrolyte drinks if you exercise, do not take salt tablets unless your doctor agrees. The average water intake per person is between 1.5-2 liters of water, but during the hot season, you may need a larger amount, about 2.5 to 3 liters. You can consult your doctor for the exact amount of water you should replenish daily.



1. **Adding more vegetables and fruits:** Vegetables, fruits contain a lot of vitamins that enhance the resistance, heat, detoxify the body to help you feel refreshed, cooler in the summer. On average, each person should eat at least 200gr of fruits and 300gr of vegetables. The sour soup with lots of water, simple processing and cooling effect such as crab soup, mussels, lean meat cooked sour . very suitable for the summer. In addition, doctors also recommend that, in the next record-breaking hot season, high ambient temperatures make food susceptible to rancidity, vectors such as flies, mosquitoes, cockroaches . also thrive. . These are favorable conditions that can easily lead to gastrointestinal diseases (abdominal pain, diarrhea .), causing food poisoning, especially cases of collective poisoning. Therefore, you should not eat, drink processed foods, street food, sell 'sun-dried' outdoors.



Protect skin from the sun

Protecting the skin from the sun's destruction is a necessity, especially for women. Summer comes with a greater amount of sunshine and longer, meaning that the intensity of ultraviolet (UV) rays is also stronger. Prolonged exposure to UV rays is a major factor in skin problems, especially hyperpigmentation and skin aging, heat shock, skin burns, and even skin cancer.



Therefore, to avoid the risk of skin diseases in the record-breaking hot season, you should have sun protection measures before going out, even for men. You need to sunscreen, protect your skin by applying sunscreen with high SPF (about 30-50 is) before going out for at least 15 minutes or using sunscreen tablets .

Besides, you can wear more types of sunscreen, long-sleeved clothes, hats, masks to shield the skin when outdoors, wearing sunglasses to protect eyes. Should choose clothes that are spacious, light-colored to avoid absorbing heat, limiting airflow as well as causing confusion for the body.

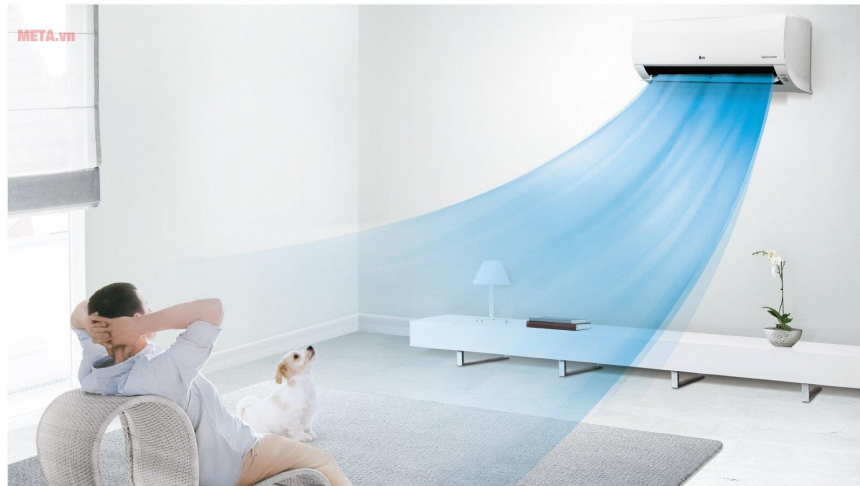


In addition, dermatologists also recommend that, when the temperature increases, it will lead to increased sweating, sebum, especially in children or elderly people who have long illnesses. prone to intimidation, sores, fungi grow more in interstitial areas such as armpits, groin . Therefore, you need to pay more attention to skin hygiene, bathe and clean daily to remove dirt, sweat Foul on the skin, helps the pores to be clear.

Equipped with air conditioner, avoid using electric fans

American scientific reports advise people not to use electric fans in extremely hot weather, although they are widely marketed to help cool on hot summer days. Because electric fans usually create a false sense of comfort but do not reduce body temperature, the air usually focuses on a certain area instead of constantly cooling throughout the room and circulating air with the outside.

Therefore, just leave the fan and you will immediately feel stuffy and frustrated again. Not only that, the cooling only focuses on an area that can cause some respiratory diseases such as sore throat, runny nose .



Instead of using electric fans, you should use air conditioning to cool the living space. The type of air conditioner helps cool air to circulate continuously in the room, eliminates stifling, creating a feeling of refreshment and cool for users.

Besides, the technology of modern air conditioners today has many auxiliary functions to help protect the health of you and your family such as: bacteria, dust and bacteria technology help protect, avoid causing dry skin and hair . Especially, the air conditioner is extremely suitable for families with young children, the elderly with respiratory diseases.

Use refrigerator

In the record-breaking hot season, the rising demand for refrigerators is very normal because, refrigerators not only work as ice, cold drinks, body cooling foods in the summer but also use To preserve fresh food, don't be rancid by outside high temperature. However, to avoid cross-contamination, when storing food you should classify it into groups of fresh food, cooked food and vegetables, in separate compartments.



Although cold drinks and ice cream are very attractive in the hot season, they often have a negative effect on the body, but also can only help you relax in a few minutes. Using too much of these foods and drinks can cause your stomach to contract and suffer from respiratory and dental problems. Do not drink alcohol or beer because it will make you more dehydrated. In addition, to avoid the negative effects of the heat, you can consider drinking healthy drinks from vegetables to cool down and replenish enough water for the body.

Get out of the way and go to the 'peak' time frame

The hot time of the day is usually from 10 - 17h, the highest peak temperature is about 13 - 16h, so you should limit working, traveling outdoors during this time. If you have a job outdoors, you should arrange to work in the morning (before 10am) or in the evening, adjust the pace of activities when working, practicing, playing in the sun.



For workers who are required to work or operate in high temperature environments, it is recommended to move to a cool place once an hour, rest for about 15 minutes, then return to work, while Workers should wear a mask, a shirt, pants and a hat to avoid direct exposure to the sun.

In particular, during this time, you need to pay attention not to the body to change the temperature suddenly, just in the sun should not go to the air-conditioned room and vice versa. Sudden changes in temperature make the body unable to adapt to the environment, pores do not promptly expand (or shrink), making the temperature penetrate into the body faster, easily causing colds, sunburns, people Weak physical conditions can also cause heat shock, lightheadedness, and fainting.

Gentle exercise

Hard work and exercise is a good activity, helping to increase physical strength and resistance to the body. However, in the record-breaking hot season, you should also take care to protect yourself when exercising because quite a few cases, because subjective, practicing the wrong method, not suitable for the weather has caused a lack of oxygen to the brain causes stroke or dehydration leading to dizziness, hypotension .



1. During periods of extreme heat, you should only do gentle exercises to maintain muscle, endurance . for about 30 minutes instead of heavy exercises that require more energy and last for an hour. .
2. You should choose to exercise at times when the temperature has subsided, such as in the early morning from 5 - 6 am or in the late afternoon at 6 - 7 am.
3. Should choose sports indoors and underwater such as swimming, yoga, gym . If exercising outside, you should practice in the park with many trees, shade to breathe fresh air. , cool.



1. Note the addition of water before and after exercise. You should use electrolyte or saline water. However, you should only drink a moderate amount of water (before drinking should drink about 2 glasses of water, during exercise, when thirsty, you can drink a small sip of water to avoid belly ups), do not drink too much water after exercise because this makes the body more sweat and increase the burden on the heart. Ideally, you should only take a few small sips of water after exercise to avoid dehydration.
2. Change clothes after training to avoid arthritis, rheumatism.
3. After practice, do not eat or drink cold drinks. In particular, you absolutely need to avoid cold showers right away because this risks the disorder of internal organs leading to colds, even strokes.

With the information that we have shared above, we hope that you will overcome this record hot season with the best health. Do not forget to visit [TipsMake.com](https://www.tipsmake.com) regularly to learn more interesting knowledge!

You finished reading the article "**2020 is forecast to record heat. What to do to 'survive' through this point?**" edited by the [TipsMake](https://www.tipsmake.com) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.