

Hot Weather: Prevent Heat Stroke!

Heat stroke is preventable – it doesn't happen suddenly. Recognize the early signs and protect yourself and your family.



Situation in 2026

15

Heat-Related
Cases

3

Heat Stroke
Cases

1

Fatality
(child left in vehicle)

High Risk Groups



Infants &
Young Children



Chronic
Illness Patients



Elderly



Individuals
Active in the Heat



For More Information

Email : krpm@krpm.com.my

Call : +60 14 - 626 3187

www.krpm.com.my

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Scan the
QR code to
visit our
website



Steps to Prevent Heat Stroke



Drink enough water
(at least 8 glasses a day)



(Physical activity) Drink 200–250ml every 15–20 minutes



Avoid outdoor activities during the hottest time of the day



Choose morning or evening for exercise



Stay in cool/shaded areas as much as possible



Wear light, loose, bright-colored clothing



Use an umbrella/hat when outside



Take frequent showers or wet your body often



Reduce caffeinated/sugary beverages



Eat more fruits and juicy fruits



NEVER leave children in the car!





HEAT STROKE WARNING EARLY SIGNS:



Avoid Outdoor
Activity In Extreme
Heat



Prolonged
Dizziness



Thirst



Increased Body
Temperature

SEEK MEDICAL ATTENTION IF YOU EXPERIENCE ANY OF THE ABOVE EARLY SIGNS!

REMEMBER!



**PROPER
HYDRATION**



**BODY TEMPERATURE
CONTROLLED**



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