

Expert: Reduce outdoor activities, stay hydrated

NST
25/2/19 Monday
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KUALA LUMPUR: The public should take precautions and stay hydrated during the hot weather.

Malaysian Meteorological Department director-general Datuk Alui Bahari advised the public to minimise outdoor activities until the end of March.

"Reduce open burning and minimise outdoor activities, at least until April, when this hot weather is expected to end. This is our advice for the next few weeks."

Universiti Putra Malaysia Faculty of Environmental Studies senior lecturer Dr Mohd Yusoff Ishak said parents and teachers should be informed of the danger

of the scorching heat.

"They need to realise that with the current weather condition, we need to adapt."

He said the weather phenomena was a national issue.

He advised schools to have sports activities earlier in the day instead of later in the evening.

"We know that the weather is erratic and we have to prepare for this.

"Instead of having sports activities at the last period, why don't we have it earlier in the day? Get the children to do their physical activities at 7.30am."

He said teachers should remind children to stay hydrated by fill-

ing their water bottles and take short breaks in between lessons.

"Routine breaks are important, where you can hydrate and rest. No one can survive the heat without drinking water."

Parent Action Group for Education chairman Datin Noor Azimah Abdul Rahim said headgear, such as caps, should be an option for kids when they step outside.

"It (taking measures) is a necessity.

"Adapting to the climate by wearing sunglasses or caps is in the interest of the children.

"They need to know how to go about under such weather conditions."



Datuk Alui Bahari



Dr Mohd Yusoff Ishak