

📖 El Niño: The Complete Skin & Health Care Guide

Everything you need to protect your skin, body, and overall health during extreme heat.

What Is El Niño?

El Niño is a climate pattern that can bring higher temperatures, stronger heat waves, increased UV exposure, and changing rainfall patterns in many regions. These conditions put extra stress on your skin and your body's cooling system.

How El Niño Affects Your Body (Physiology)

1. Your Body Loses Water Faster

- High temperatures increase sweating, causing loss of water and essential minerals.

Signs: Thirst, dry mouth, headache, fatigue, dizziness.

Care: Drink water regularly and replace lost electrolytes with ORS when needed.

2. Your Heart Works Harder

- More blood is sent to the skin to cool the body.

Signs: Faster heartbeat, tiredness, light-headedness.

Care: Avoid strenuous activity during peak heat and rest in cool places.

3. Heat Stress & Heat Exhaustion

Signs: Heavy sweating, muscle cramps, nausea, weakness, confusion.

Care: Move to a cool area, drink cool fluids, and seek medical help if symptoms worsen.

How El Niño Affects Your Skin

- Dehydration: Dryness, tightness, flaking, sensitivity.

Care: Moisturize daily and avoid harsh soaps.

- Sun Damage: Tanning, pigmentation, sunburn, premature ageing.

Care: Apply SPF 30+ sunscreen, reapply every 2 hours, wear protective clothing.

- Sweat & Skin Problems: Acne, heat rash, fungal infections, body odour.

Care: Shower after sweating, wear breathable cotton clothes, keep skin folds dry.

Eat to Stay Cool

Water, buttermilk, coconut water, cucumber, watermelon, muskmelon, oranges, curd, and bananas.

Avoid

Direct sun between 11 AM and 3 PM, sugary drinks, excess alcohol, too much caffeine, and heavy outdoor exercise during peak heat.

Budget-Friendly Essentials

- Reusable water bottle
- ORS packets
- Cotton clothing
- Umbrella or cap
- Affordable moisturizer or petroleum jelly
- Sunscreen for exposed skin

When to Seek Medical Help

Seek immediate medical attention for confusion, fainting, very high body temperature, hot dry skin with altered mental status, or seizures.

Daily El Niño Checklist

- ☐ Drink enough water.
- ☐ Protect yourself from direct sun.
- ☐ Wear lightweight cotton clothing.
- ☐ Moisturize your skin.
- ☐ Apply sunscreen.
- ☐ Eat hydrating fruits and vegetables.
- ☐ Avoid peak afternoon heat.
- ☐ Rest if you feel dizzy, weak, or overheated.