

## **HEAT SAFETY PROTOCOL - DJIBOUTI (41°C)**

### **Hydration Plan for Simon**

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### **URGENT NOTICE:**

**Maji usisahau kukunywa Kaka**

Current temperatures in Djibouti have reached extreme levels of 41°C (105.8°F).

This document outlines your hydration requirements to prevent heat illness.

## **1. DAILY WATER REQUIREMENTS**

TIME	AMOUNT	INSTRUCTIONS
05:30	500mL	Drink immediately upon waking
Hourly	250mL	Set phone reminders (minimum 8x/day)
12:00	500mL	must consume during lunch break
15:00	500mL	Drink with cooling fruit
20:00	300mL	before bedtime

TOTAL MINIMUM INTAKE: 3 LITERS/DAY

(Increase to 4L if heavy sweating occurs)

## **2. APPROVED FRUIT VENDORS**

- Marché Central (Stall #12)
  - Open: 6:00-10:00 daily
  - Recommended: Watermelon slices, oranges
- Avenue 26 (Ali's Cart)
  - Open: 5:30-8:00 daily
  - Recommended: Bananas, young coconuts

## **3. WARNING SIGNS OF HEAT ILLNESS**

NEED ATTENTION

- ✓ Dark yellow/brown urine
- ✓ Dizziness or confusion
- ✓ Rapid heartbeat

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**EMERGENCY RESPONSE:** 2. Drink cool water slowly