

# INSIGHT

WTC COMMUNITY WEEKLY

## *What's New:*

### Tricks to keep cool:

- Drink more water
- Limit outdoor activities
- Use sunscreen, hat or umbrella when out
- Wear loose, lightweight, light-colored clothing
- Take cool showers or baths
- Stay in air-conditioned indoor location as much as you can
- Minimize the use of stove or indoor cooking
- Enjoy frozen treats
- Place cold washrags on neck or wrists, these pulse points are areas where blood vessels are close to the skin, so you'll cool down more quickly



## *Taking the Heat*

If you've been feeling hotter than usual, you're not alone.

The Meteorology, Climatology, and Geophysics Agency (BMKG) has highlighted that unusual atmospheric dynamics have been one of the reasons behind Indonesia experiencing hot temperatures in the last few days.

"Extreme heat has hit Asian countries in the past week. Indonesia has not experienced a heatwave, but the maximum surface air temperature is classified as hot," the acting deputy for climatology of BMKG, Dodo Gunawan, stated in Jakarta on Monday.

The good thing is, the daily maximum temperature has started to decrease, with 34-36 degrees Celsius being the highest - which is still within the climatological normal range as compared to previous years.

It is also advisable to wear a minimum SPF 30 sunscreen with waterproof features and broader spectrum coverage to protect the skin from UVB and UVA rays.

If you're back at the WTC Complex after Eid al-Fitr holidays, take advantage of our covered walkways. It's a bit of a detour but they'll shade you from the sun.

Yours truly,  
the community editor