

## 02 What You Should and Shouldn't Do in a Heatwave

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tip	<i>wskazówka/ rada</i>	In this article you can find plenty of <i>tips</i> on how to keep cool.
become dehydrated	<i>odwodnić się</i>	If you don't drink enough water, you'll <i>become dehydrated</i> .
diuretic	<i>środek moczopędny</i>	Too much caffeine may act as a <i>diuretic</i> .
sweat	1) <i>pot</i> 2) <i>pocić się</i>	Hot drinks will make you <i>sweat</i> .
fan	<i>wentylator</i>	It's so hot in here. Let's go and get a <i>fan</i> !
heart attack/ heart failure	<i>zawała serca/ niewydolność serca</i>	Older people may sometimes experience <i>heart attack</i> or <i>heart failure</i> .
the elderly	<i>starsi ludzie</i>	Not only <i>the elderly</i> are at risk in a heatwave.
backfire	<i>odnieść odwrotny skutek</i>	Opening all windows on a hot day may <i>backfire</i> .
look forward to sth	<i>z niecierpliwością oczekiwać czegoś</i>	<i>I'm looking forward to</i> my holiday in Spain.
yearn for sth	<i>bardzo pragnąć czegoś</i>	I <i>yearn for</i> a cold beer!

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