

《三伏天用英语怎么说？今年三伏天超长》

三伏天是一年当中最热的日子，分为初伏、中伏和末伏。今年的三伏天已经于7月16日开始，今年的三伏天有40天之久，是超长版的三伏天哦。全国各地都进入了蒸煮模式，开始了挥汗如雨的节奏。下面，我们来看看三伏天的英语表达吧。

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1???? sanfu

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sanfu, the hottest time of the year begins on July 16th this year.

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2?dog days (of summer)

?????dog days (of summer)????????????dog days ???????????

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lthough July and August are generally known as the hottest months of the year in the Northern Hemisphere, the hottest period can vary from year to year. And depending on your latitude, the astronomical dog days can come at different times.

??7??8??“???”????????????

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1?When going out, sun protection measures should be taken to prevent heatstroke. At the same time, water must be added in time.Dangerously high temperatures can result in heat-related illnesses like heatstroke.

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2?In winter, keep exercising during the coldest days. In summer, do the same thing during the dog days.

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3?Pay attention to diet, do not eat too many cold drinks, you can eat more fresh fruits and vegetables.

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