

Heat wave 2024-04-15

DO's and DON'T's

Must for All

DO's

- Avoid going out in the sun, especially between 12:00 noon and 3:00 p.m.
- Stay at home and listen to radio; watch TV, read Newspaper for Updates/advisories on the local weather.
- Drink sufficient water, as often as possible, even if not thirsty. Person with epilepsy s or heat, kidney or livers disease who are on fluid-restricted diets; or have a problem with the fluid retention should consult a doctor increasing liquid intake.
- Use ORS (Oral Rehydration Solution) homemade drink like lassi, torani(rice water), lemon, water buttermilk etc. to keep yourself hydrated.
- Wear a lightweight, light colored, loose, cotton clothes. Use protected goggles, umbrella /hat shoes, or chappals while going out in Sun .
- Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon to 3 p.m.
- While travelling carry water with you.
- Do not leave children or pets in a parked vehicles.
- If you feel faint or ill, see a doctor immediately.
- Wash hand frequently and properly with a soap and water. When soap and water is not available use hand sanitizer.
- Keep separate towel for each member of a house. Wash these towel regularly .

Other precautions

- Stay indoors as much as possible.
- Keep our home cool -use curtains, shutters and sunshade and open windows at a night. Try to remain on the lower floor.
- Use fans, damp clothing and take a bath in cold water frequently to cope up with excess heat.
- Keep animal in shade and give them plenty of water to drink .

DON'Ts

- Avoid cooking during heat peak hours. Open doors and windows to ventilate cooking area adequately.
- Avoid alcohol, tea, coffee and carbonated soft drinks, while dehydrate the body.
- Avoid high protein, spicy and oily food. Do not eat stale food.
- Don't touch your eyes, nose and mouth without washing hands.
- Do not go out if you are sick; Stay at home.

TIPS FOR TREATMENT OF A PERSON AFFECTED BY A SUNSTROKE:

- Lay the person in a cool place, under our shade, Wipe her /him with a wet cloth/ wash the body frequently. Pour normal temperature water on the head.The main thing is to bring down the body temperature.
- Give the person ORS to drink or lemon sarbat/torani or whatever it is useful to rehydrate the body temperature.
- Take the person immediately to the nearest health centre. The patient needs immediately hospitalization, as heat strokes could be fatal.

Acclimatization

People as risk are those who have come from a cooler climate to a hot climate. You may have such a person(s)visiting your family during the heat wave season. This should not move about in open field for a period of one week till the body is a acclimatized to the heat and should drink plenty of water.

Acclimatization is achieved by gradual exposure to the hot environment during heat wave.