

Promoting and Strengthening Practices for Risk-Informed Action



HOSPITAL

Link workers with Hospitals
Health center workers.



STATIONS (BUS)

Provide bus stops as sites of shade
and water distribution.



LABOUR

Provide water, shade to
workers and alter work
shifts to cooler hours.



RELIGIOUS GROUPS/LIBRARY BOARD

Temples and libraries and
malls as cooling centers, place to rest.



WATER

Provide water tankers
to slum dwellers and
limit non-essential water use.



SCHOOL

Information to school students
and potential change in summer
holiday schedule and /or timings.



POWER AND ELECTRICITY

Maintain power to critical
facilities/vulnerable groups.



PARKS, ZOO, SWIMMING

Extend hours to public.



Advisory For Protection Against Expected Heat Wave



First heat
warning
for 2023

List of 'Dos and Don'ts'

Photo Source: <https://www.scidev.net/asia-pacific/news/heat-waves-rise-in-india-as-climate-change-intensifies/>

Look up Union Health Ministry issues a heatwave health advisory: <https://newsonair.gov.in/Main-News-Details.aspx?id=456596>
India Meteorological Department for accurate information: https://internal.imd.gov.in/pages/city_weather_main_mausam.php

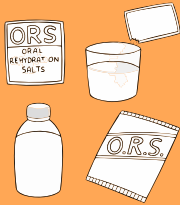
'Dos and Don'ts'



Drink sufficient water whenever possible, even if not thirsty.



Consume fresh fruits such as watermelon, cucumber, lemon, and orange. Wear thin, loose, cotton garments preferably light coloured ones, and cover heads using an umbrella, hat, cap, towel, and other traditional head gears during exposure to direct sunlight. Do not go out barefoot.



Use Oral Rehydration Solution (ORS), consume homemade drinks like lemon water, buttermilk / lassi, and fruit juices with some added salt, and stay indoors in well-ventilated and cool places.



Do not leave children or pets in parked vehicles. The temperature inside a vehicle could get dangerous.



Vulnerable populations which includes infants and young children, pregnant women, people working outdoors, people having a mental illness, people who are physically ill, especially with heart disease or high blood pressure and people coming from cooler climate to hot climate must be first protected from heatwave.



Watch out for symptoms of "heat stress" which include dizziness or fainting, nausea or vomiting, headache, extreme thirst, decreased urination with unusually dark yellow urine, and rapid breathing and heartbeat.



Call on 108/102 immediately if you find someone with a high body temperature; and is either unconscious, confused, or has stopped sweating.



Block direct sunlight and heat waves: keep windows and curtains closed during the day, especially on the sunny side of your house. Open them up at night to let cooler air in.



Listen to the radio, read newspapers and watch television for local weather news, and also track the IMD's website at

https://internal.imd.gov.in/pages/city_weather_main_mausam.php



To avoid high-protein food and cooking during the peak summer hours besides not to get out in the sun, especially between 12 noon and 3 pm.



If going outdoors, limit your outdoor activity to cooler times of the day i.e., morning and evening.