



दामोदर घाटी निगम / Damodar Valley Corporation

निदेशक स्वास्थ्य सेवार्ये का कार्यालय / Office of the Director of Health Services

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ADVISORY FOR PROTECTION AGAINST HEAT WAVE CONDITION

The country is observing above normal seasonal maximum temperatures in-line with the observed trend of summertime temperatures. To reduce health impacts of extreme heat, the Union and state health departments along with the Indian meteorological department has issued health advisories and planned IEC activities from time to time to make the public aware about the precautions to be taken to safeguard against extreme heat. In-line with the same, health impacts and certain Do and Don't measure to be taken to beat the heat is being enumerated.

HEALTH IMPACTS OF HEAT WAVES

The health impacts of Heat Waves typically involve dehydration, heat cramps, heat exhaustion and/or heat stroke. The signs and symptoms are as follows:

- Heat Cramps: Edema (swelling) and Syncope (Fainting) generally accompanied by fever below 39°C i.e., 102°F.
- Heat Exhaustion: Fatigue, weakness, dizziness, headache, nausea, vomiting, muscle cramps and sweating.
- Heat Stoke: Body temperatures of 40°C i.e., 104°F or more along with delirium, seizures, or coma. This is a potentially fatal condition.

HEAT WAVE: DO'S & DONT'S

Heat Wave conditions can result in physiological strain, which could even result in death.

To minimise the impact during the heat wave and to prevent serious ailment or death because of heat stroke, you can take the following measures:

- Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- Drink sufficient water and as often as possible, even if not thirsty
- Wear lightweight, light-coloured, loose, and porous cotton clothes. Use protective 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 and 3 p.m.
- While travelling, always carry water with you.
- Avoid alcohol, tea, coffee, and carbonated soft drinks, which dehydrates the body.
- Avoid high-protein food and do not eat stale food.



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- If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.
- Do not leave children or pets in parked vehicles.
- If you feel faint or ill, see a doctor immediately.
- Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which helps to re-hydrate the body.
- Keep animals in shade and give them plenty of water to drink.
- Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- Use fans, damp clothing, and take bath in cold water frequently.

TIPS FOR TREATMENT OF A PERSON AFFECTED BY A SUNSTROKE:

- Lay the person in a cool place, under a 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 is useful to rehydrate the body.
- Take the person immediately to the nearest health centre. The patient needs immediate hospitalisation, as heat strokes could be fatal.

Acclimatisation

People at 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. They should not move about in open field for a period of one week till the body is acclimatized to heat and should drink plenty of water. Acclimatization is achieved by gradual exposure to the hot environment during heat wave.

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