

# **PUBLIC HEALTH ADVISORY**

H e a t w a v e



## FOR GENERAL POPULATION

### STAY ALERT



Read the newspaper, watch television, listen to the radio, and keep yourself updated on the daily weather news.

### STAY HYDRATED



Drink sufficient water whenever possible, even when you are not thirsty. Thirst is not a good indicator of dehydration.



Always carry drinking water and a sachet of ORS, whenever you are travelling.



Consume seasonal fruits and vegetables that are locally available, particularly the ones with high water content, like watermelon, cucumber, pineapple, grapes, oranges, sweet lime, musk melon, ice apple, lettuce etc.



Try to consume traditional home-made drinks, like lemonade, buttermilk, lassi, and fruit juices, with some additional salt.

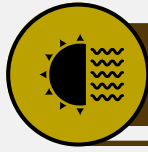
### STAY COVERED



Try to wear light-coloured, thin, loose, cotton garments. Wear proper footwear while going out in the sun. Cover your head when exposed to direct sunlight. You may use umbrellas, caps, soft towels, or dupattas, and other traditional head gear.



Try to stay in well-ventilated, and cool places. Plan outdoor activities during cooler times of the day, i.e., mornings and evenings. Keep windows and curtains closed during the day to block direct sunlight entering the house. Keep windows open at night, to allow cooler air inside the house.



## VULNERABLE POPULATION

Some people are at greater risk and might require additional attention. These people include-

- **Outdoor Workers**
- **Senior Citizens**
- **Infants and young children**
- **People who are physically ill, especially the ones with high blood pressure and cardiac issues**
- **People who are suffering from mental illness**

## OTHER PRECAUTIONS



Try to keep your home cool, by using thick curtains, shutters, or sunshades, and keep the windows open during the night time.



Try to remain on the lower floors, if possible, during the day hours.



Try to bath 2-3 times daily. If not possible, frequently mop in water soaked clothes.



Use fan, ice towels, damp cloths, and spray bottles to cool down your body.



Try to immerse your feet at 20°C above the ankle, as it provides rapid cooling from thermal discomfort.

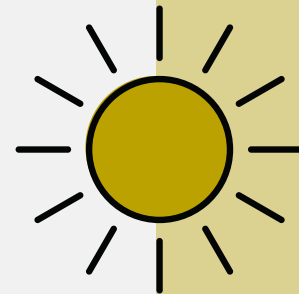
# DON'TS

- Avoid getting out during the daytime, especially between 12 noon to 3 p.m.
- Avoid exposure to direct sunlight.
- Do not move outside barefoot.
- Avoid cooking during the peak summer hours.
- Try to ventilate the cooking area adequately.
- Avoid eating high-protein food, as it can raise the body temperature
- Avoid eating stale food
- Avoid consumption of alcohol, caffeine, and carbonated drinks
- Do not keep children and pets in parked vehicles, as the temperature inside a vehicle can soar significantly.

## HEAT-RELATED ILLNESS

Exposures to heat waves can include

- Heat Rash (prickly heat)**
- Heat Cramps (muscle cramps)**
- Heat exhaustion**
- Heat Oedema (swelling of hands, and feet)**
- Heat tetany**
- Heat Syncope (fainting)**
- Heat Stroke**



Watch out for symptoms of Heat Stress, which may include

- Extreme thirst**
- Headache**
- Nausea or vomiting**
- Dizziness or fainting**
- Rapid breathing**
- Increased heartbeat**
- Decreased urination**



If you feel unwell during extreme heat and experience any of the above-mentioned symptoms

- **a. Immediately move to a cool place, and drink liquids. Water is Best.**
- **b. Measure your body temperature**
- **(Normal human body temperatures range between 36.4°C to 37.2°C (97.5°F to 98.9°F).**
- **c. Seek help/ medical attention, if necessary.**

Seek medical help if any symptoms of heat stroke appear.

**Heat Stroke is a Medical Emergency!**

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