

HEAT WAVE BASICS

ALL YOU NEED TO KNOW

As the scorching summer heat intensifies, it's crucial to take proactive measures to safeguard your health and well-being. This health advisory aims to equip you with the necessary knowledge to combat the sweltering heat wave conditions effectively.

ALARMING REPORTS



According to a **World Bank** report, India could experience intense heat waves that could break the human survivability limit.



The global mean temperature is **0.8° DEGREES** higher today than pre-industrial times.



In April 2022, India was plunged into the grip of a punishing early spring heat wave that brought the country to a standstill, with temperatures in the capital, New Delhi, topping **46° DEGREES CELSIUS**.

UNDERSTANDING HEAT WAVES

Heat waves are prolonged periods of abnormally high temperatures, surpassing the normal maximum temperature for a specific region.

“Heat Wave need not be considered till maximum temperature of a station reaches atleast 40°C for Plains and atleast 30°C for Hilly regions”

IMPACT ON HEALTH

HEAT CRAMPS

During a heat wave, individuals may experience edema (swelling) and syncope (fainting), accompanied by fever below 39°C (102°F).



HEAT EXHAUSTION

Fatigue, weakness, dizziness, headache, nausea, vomiting, muscle cramps, and excessive sweating are indicators of heat exhaustion. Taking appropriate measures promptly can prevent the progression to a more severe condition.



HEAT STROKE

Heat stroke is a potentially fatal condition characterized by a body temperature of 40°C (104°F) or higher, accompanied by delirium, seizures, or coma. Immediate medical attention is vital in such cases.



SURVIVAL GUIDE

DO'S



STAY INDOORS DURING PEAK HOURS

Avoid going out in the sun, especially between 12:00 noon and 3:00 p.m. when temperatures are at their peak.

TAKE IT EASY

Avoid engaging in strenuous activities when the outside temperature is high. If you need to work outside, wear a hat or use an umbrella, and cool yourself with a damp cloth.



CARRY WATER

When traveling, always carry a water bottle with you to stay hydrated on the go.

DRESS APPROPRIATELY

Wear lightweight, light-colored, loose-fitting, and porous cotton clothes to allow proper ventilation. Use protective goggles, a hat or umbrella, and suitable footwear when venturing out.



HYDRATE FREQUENTLY

Drink sufficient water regularly, even if you do not feel thirsty. Consider consuming homemade hydrating drinks like lassi, torani (rice water), lemon water, or buttermilk.



KEEP YOUR HOME COOL

Utilize curtains, shutters, or sunshades to keep your home cool. Open windows during the night to allow fresh air circulation.

DONT'S



AVOID DEHYDRATING BEVERAGES

Skip alcohol, tea, coffee, and carbonated soft drinks, as they contribute to dehydration.

NEVER LEAVE CHILDREN OR PETS IN PARKED VEHICLES

The temperature inside a parked vehicle can escalate rapidly, posing a severe risk to the occupants' health and well-being.



SAY NO TO HIGH-PROTEIN & STALE FOODS

Opt for lighter meals and avoid consuming high-protein foods. Additionally, steer clear of stale or spoiled food.

DON'T IGNORE SYMPTOMS

If you feel faint, ill, or notice someone exhibiting signs of heat-related illness, seek medical attention immediately.

BE PREPARED

To prepare for a potential heat wave emergency, assemble an emergency kit containing the following essentials



WATER BOTTLE



UMBRELLA, HAT OR HEAD COVER



HAND TOWEL



ELECTROLYTE, GLUCOSE OR ORAL REHYDRATION



HAND FAN

HEAT STROKE SOS

IMMEDIATE STEPS TO TREAT HEAT STROKE

In the unfortunate event that someone is affected by a heat stroke, immediate action is crucial. Follow these steps to provide initial treatment while seeking medical assistance:

MOVE TO A COOL PLACE

Lay the person in a cool area, preferably under shade or in an air-conditioned environment. This helps to reduce the body's exposure to high temperatures.



COOL THE BODY

Use a wet cloth to gently wipe the person's body or provide frequent cool water washes. Focus on areas such as the face and neck. Additionally, pour normal temperature water on the person's head to aid in lowering body temperature.



REHYDRATE

Offer the affected person Oral Rehydration Solution (ORS) or rehydrating beverages like lemonade or torani to replenish lost fluids and electrolytes.



SEEK IMMEDIATE MEDICAL ATTENTION

It is vital to transport the person to the nearest health center or hospital without delay. Heat strokes can have severe consequences, and professional medical care is essential.



STAY COOL, STAY UNITED

LET'S BEAT THE HEAT WAVE TOGETHER!

Issued in Public Interest by:
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Seek Help? Call us at 1800 889 7351 or 1800 890 6027