



HEATWAVE

BE PREPARED



A prolonged period of exceptionally hot weather, characterized by temperatures well above average, posing health risks and environmental challenges.



IF YOU ARE UNDER AN EXTREME HEAT WARNING



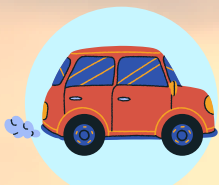
Watch for heat cramps, heat exhaustion and heat stroke.



Find air conditioning, if possible.



Wear light clothing.



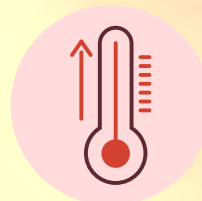
Never leave people or pets in a closed car.



Avoid strenuous activities.



Drink plenty of fluids.



Watch for heat illness.

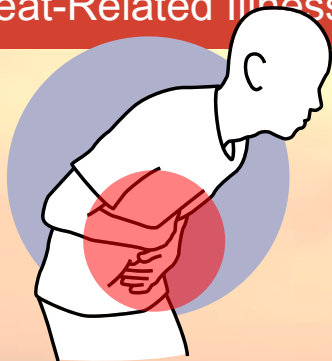
Heat-Related Illnesses



Heat Stroke

Signs

- High body temperature. A core body temperature of 40 degrees Celsius or higher is the main sign of heatstroke.
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness



Heat Cramps

Signs

- Muscle pain
- Spasms in the stomach, arms or legs



Heat Exhaustion

Signs

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting



HEATWAVE

Individual Guidelines



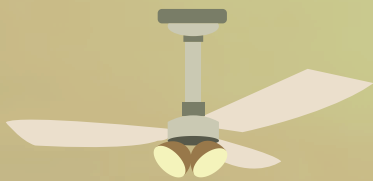
Prepare



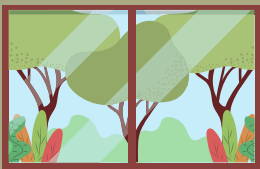
Keep Your Home Cool



Cover windows with drapes or shades.



Position fans near windows to draw in cooler air overnight and create cross-ventilation.



Plant trees outside windows to provide shade and reduce sunlight indoors.



Use window reflectors such as aluminum foil to reflect heat back outside.

During



Find places with **air conditioning**



If you're outside, **find shade.**



Stay Hydrated.



Do not use electric fans

- Electric fans can become counterproductive when air temperatures exceed 35°C
- At very high temperatures, fans blow hot air over the body instead of cooling it
- This can increase heat stress rather than reduce it
- The body may absorb more heat than it loses under such conditions



Avoid high-energy activities.

Respond



Heat Cramps **Actions**

- Go to a cooler location.
- Remove excess clothing.
- Take sips of cool sports drinks with salt and sugar.
- Get medical help if cramps last more than an hour.



Heat Exhaustion **Actions:**

- Go to an air-conditioned place and lie down.
- Loosen or remove clothing.
- Take a cool bath & Take sips of drinks with salt and sugar.
- Get medical help if symptoms get worse or last more than an hour.



Heat Stroke **Actions:**

- Call for emergency medical assistance.
- Cool down constantly monitor temperature until help arrives.



HEATWAVE



Mitigation & Prevention (Government)



Keep close monitoring of vulnerable GLOF sites.



Make judicious use of water for drinking and cooling-off.



Emergency Services / Fire Brigades to remain on alert against Forest fire



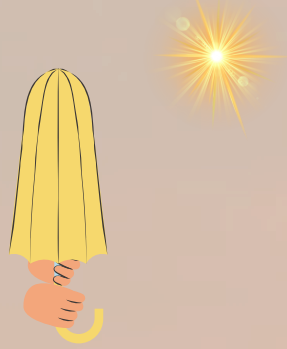
Alert medical services to maintain requisite facilities such as heatstroke centers.



Take preventative measures against fires where possible



Coordinate with NHA, NH&MP and FWO/NLC for necessary alerts to travelers



Avoid direct exposure to sunlight during peak hours (10:00 am - 05:00 pm).



Inform farmers of greater requirement of water for crops, orchards and cattle.



HEATWAVE ALERT



STAY COOL. STAY SAFE. STAY ALIVE.



WHAT IS A HEATWAVE?

A prolonged period of unusually high temperatures that can seriously affect health, water, and daily life.



DURING EXTREME HEAT - ACT SMART



1. STAY COOL

Cool body = Safe life



- Use fans, AC, or shaded areas
- Take cool showers

2. HYDRATE OFTEN

Don't wait for thirst



- Drink water every 20-30 minutes
- Avoid caffeine & sugary drinks



3. DRESS LIGHT

Loose, light, breathable



- Wear cotton, light-colored clothes
- Cover head with cap or scarf



4. AVOID PEAK HEAT

No sun, no harm



- Stay indoors (10 AM - 5 PM)
- Reschedule outdoor work



5. NEVER LEAVE IN CARS

A parked car = deadly trap



- Not even for a minute
- Check back seats always
- No flameable/ exploding matter in car



6. PROTECT THE VULNERABLE

Check. Care. Support.



- Elderly, children, sick people
- Ensure hydration & ventilation



7. LIMIT PHYSICAL ACTIVITY

Slow down to stay safe



- Avoid exercise in heat
- Rest frequently



8. LOOK OUT FOR OTHERS

Kindness saves lives



- Check on neighbours instead of neighbors and those working outdoors
- Offer water & support



KNOW THE WARNING SIGNS



HEAT STROKE

Body overheating = Life at risk



- Very high temperature
- Hot, dry skin
- Confusion / unconsciousness



ACT FAST:
Call emergency services immediately

HEAT EXHAUSTION

Your body is struggling



- Heavy sweating
- Weakness & dizziness
- Nausea / headache



MOVE TO SHADE + HYDRATE IMMEDIATELY

HEAT CRAMPS

Pain is a warning



- Muscle cramps (legs, arms)



REST + ELECTROLYTES

SIMPLE LIFE-SAVING TIPS



Water is your shield



Shade is your shelter



Rest is your protection



Awareness is your power

BEAT THE HEAT - DON'T LET IT BEAT YOU



FOR EMERGENCIES
CALL **1122**



DRINK WATER
STAY HYDRATED



STAY INFORMED
CHECK WEATHER UPDATES



STAY PREPARED
STAY SAFE