Heat Wave advisory

Heat Wave Situation in India

A Heat Wave is a period of abnormally high temperatures, more than the normal maximum temperature that occurs during the summer season. Heat Waves typically occur between March to July. Heatwaves have also started to begin as early as March and peak in May.

A heatwave is when the maximum temperature of a station reaches at least 40 degrees celsius in the plains, at least 37 degrees celsius in coastal areas, and at least 30 degrees celsius in hilly regions, and the departure from normal is at least 4.5 degrees celsius. For this year, India Meteorological Department predicted above-normal maximum temperatures for most parts of the country from April to June.

Last year, heatwaves claimed 30 lives across the country. Acknowledging the impact of heat wave, the Union Ministry of Labour and Employment on April 18, 2023 asked all states and UTs to ensure preparedness and effective management of the impact of ensuing heatwave conditions on the population.

Heat Wave emergency kit
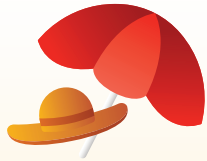
| Water bottle | Umbrella/Hat | Hand Towel | Hand Fan | Glucose/Electrolyte | Sunscreen |

Common Symptoms of Heatwave

- **Heat Cramps- They involve swelling (edema) and fainting generally accompanied by fever below 39°C i.e.102°F.**
- **Heat Exhaustion involves fatigue, weakness, dizziness, headache, nausea, vomiting, muscle cramps and sweating.**
- **Heat Stroke involves fever of 40°C i.e. 104°F or more along with delirium, seizures or coma. This is a potential fatal condition.**

RED & HOT SKIN   **DIZZINESS**   **WEAKNESS**

Protection from the heat and field safety tips
Here are some tips to protect yourself from effects of heatwave:

Do's
- Always carry fresh water with you and drink sufficient water as often as possible.
- Drink plenty of fluids (coconut water, mint water, lemon water, fresh fruit juices and buttermilk) and water at regular intervals, even if not thirsty
- Wear light colored, loose fitting clothes and use protective goggles, sunscreen, hat/shoes
- Eat light meals and avoid high-protein and spicy foods.
- Keep animals in shade and give them plenty of water to drink
- Keep homes cool using curtains, shades, etc and keep windows open at night to let the cool air in.
- Use fans and take cold water baths frequently.

Don'ts
- Avoid smoking, tea, carbonated drinks and alcohol as they lead to dehydration
- Don't expose yourself to direct sunlight for extended periods and between 12pm to 4pm. Avoid strenuous activity during this time.
- Do not leave children or pets in parked vehicles

If you think someone is suffering from heat wave:

- Move the person to a cool place under the shade
- Give water or ORS solution
- Fan the person. Cool the person by putting a cool wet cloth on his/her face/body
- Loosen clothes for better ventilation
- Take the person to the nearest health center if the symptoms get worse.
- Call 108 for ambulance support

For more information and bulletin on heatwave:

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

https://www.ndma.gov.in/Natural-Hazards/Heat-Wave/Dos-Donts