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PUBLIC NOTICE

Safety tips for Heatwave

Heat Wave conditions can result in physiological strain, which could even result in death. To minimize the impact during the heat wave and to prevent serious ailment or death because of heat stroke, the following mitigation measures should be taken

Do's:

- a) Listen to Radio, watch TV, read Newspaper for local weather forecast to know if a heat wave is on the way.
- b) Drink sufficient water and as often as possible, even if not thirsty.
- c) Wear light weight, light- colored, loose, and porous cotton clothes.
- d) Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
- e) Carry water with you while travelling.
- f) If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.
- g) Use ORS, coconut water homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which help to re-hydrate the body.
- h) Open doors and windows to ventilate cooking area adequately.
- i) Visit a doctor immediately, if you feel faint or ill.
- j) Keep animals in shade and give them plenty of water to drink.
- k) Keep some drinking water for birds in small pots on the roof/balcony.
- l) Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- m) Use fans, damp clothing and take bath in cold water frequently.
- n) Provide cool drinking water near work place.
- o) Caution workers to avoid direct sunlight.
- p) Schedule strenuous jobs to cooler times of the day.
- q) Increase the frequency and length of rest breaks for outdoor activities.
- r) Give additional attention to the pregnant workers and others with a medical condition.

Don'ts:

- a) Do not leave children or pets in parked vehicles.
- b) Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- c) Avoid wearing dark, heavy or tight clothing.
- d) Avoid strenuous activities when the outside temperature is high.
- e) Avoid cooking during peak hours.
- f) Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
- g) Avoid high-protein food and do not eat stale food

These guidelines are also available on the official website www.sdma.goa.gov.in

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