



Government of Goa  
State Disaster Management Authority/Revenue Department  
Secretariat, Porvorim-Goa 403 521  
**Website:** [www.sdma.goa.gov.in](http://www.sdma.goa.gov.in) **email:** [usrev2-sect.gov@nic.in](mailto:usrev2-sect.gov@nic.in)

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## **PUBLIC NOTICE**

### **Preventive Measures on Heatwave**

Based upon the Special Bulletin on Current Temperature Status and Warnings for Goa State issued by **IMD (Meteorological Centre, Goa)**, the maximum temperature recorded today was in the range of **33-35°C** and is likely to remain unchanged for next 7 days, over North & South Goa districts resulting into Heatwave like conditions or discomfort.

#### **Possible Impact of above normal Temperature:**

- Heat is tolerable for general public but moderate health concern for vulnerable people e.g. infants, elderly, people with chronic diseases;
- Possibility of Dehydration;
- Dry grass catching fire;
- It is advised to take precautionary measures for hot weather while going outside during peak hours of the day (around 11 a.m.-03 p.m.).
- Heat cramp, heat rash likely during peak hours of the day between (around 11 a.m.-03 p.m.).

In view of the above, general public is advised **NOT** to panic and take following preventive measures:

#### **Preventive Measures:**

1. Avoid prolonged heat exposure.
2. Wear light weight, light colored, loose, cotton clothes.
3. Cover your head: use a wet cloth, hat or umbrella while going out during peak hours.
4. Drink sufficient water at regular interval even if not feeling thirsty to avoid dehydration.
5. Use ORS, homemade drinks like lassi, torani (rice water), sugarcane juice, lemon water, buttermilk, etc. to rehydrate the body.
6. Caution workers to avoid direct sunlight during the peak hours.
7. Schedule strenuous jobs to cooler times of the day.
8. Increasing the frequency and length of rest breaks for outdoor activities.
9. Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures.
10. Farmers are advised to continue irrigation activities in sugarcane, summer maize, pulses and other crop and vegetables.
11. Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body and avoid high protein food and do not eat stale food.
12. Give additional attention to the pregnant workers and others with a medical condition.
13. Election rallies/ gatherings need to be judiciously monitored during peak hours of the day (11a.m. to 3 p.m.). Also people going for rallies/ gatherings are advised to take necessary precautions to avoid prolonged exposure in high humid & temperature areas.
14. Listen to Radio, watch TV, read Newspaper for local weather forecast for possibility of Heat Wave and follow the heatwave preventive measures issued by the Authorities.
15. In case of emergency, call **112**.
16. Download **SACHET Application** from Play Store (Android) and App Store (IOS) to stay updated with the location based live weather forecast by IMD, necessary do's and don'ts on all disasters including Heatwave.

**Note:** Heat wave criteria for Goa State (Coastal station) is when maximum temperature departure is **4.5°C or more from normal**, Heat Wave may be described provided actual maximum temperature is **37°C or more**.

These guidelines are also available on the official website of Goa SDMA: [www.sdma.goa.gov.in](http://www.sdma.goa.gov.in)

**Issued in public interest by**  
**Goa State Disaster Management Authority**