Revenue Department of Government of Goa has informed that as per the India Meteorological Department (IMD) forecast on the seasonal outlook for the warmer temperature from March – May, 2022, the State of Goa will be facing an extreme hot weather conditions and rise in maximum temperature above of the normal maximum temperature and minimum temperature above of the normal minimum temperature with corresponding Red Colour Code, for safety tips for Heat waves the following mitigation should be taken.

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

The don’ts - do not leave children or pets in parked vehicles. Avoid going out in the sun, especially between 12.00 noon and 3.00
pm. Avoid wearing dark, heavy or tight clothing. Avoid strenuous activities when the outside temperature is high. Avoid cooking during peak hours. Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body. Avoid high-protein food and do not eat staple food.

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