

ELECTION
MOST IMMEDIATE

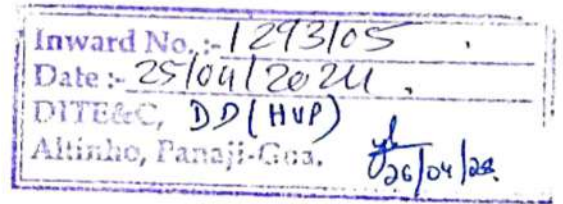


OFFICE OF THE COLLECTOR & DISTRICT ELECTION OFFICER
NORTH GOA DISTRICT,
Election Branch, Collectorate Bldg., Panaji Goa- 403001.
Phone No: 0832-2426148, 2223612, 2225383(EPBX)
Fax No: - 0832-2426148, 2426492 Email: - coln.goa@nic.in

No. 6/21/2023/Lok Sabha/ELN / 1284

Date: 24/04/2024

To,
✓ The Director,
Department of Information Technology,
Electronics and Communications,
Panaji.



Sub: Guideline to mitigate the impact of heat wave at Polling Station
during the General Election of Lok Sabha 2024 reg....

Madam/Sir,

Please find enclosed herewith the Letter No. 8-12-2024/ELEC/PB-B/399 received from the Chief Electoral Officer, Altinho, Panaji-Goa along with the guidelines received from the Election Commission of India, New Delhi on above cited subject.

In this regard, you are requested to make the broadcast/public announcement to the general public related to the heatwave safety guideline.

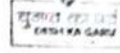
Yours faithfully,

Gitte

(Dr. Sneha S. Gitte, IAS)

Collector & District Election Officer
North Goa District

Encl: As above



704
15/4
Shantaram

Office of the Chief Electoral Officer
Altinho, Panaji-Goa 403 001

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No:- 8-12-2024/ELEC/PB-B/399

Dated: 15/04/2024

To,

1. The Collector North/DEO,
O/o Collectorate North, Panaji

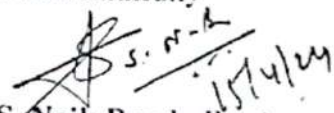
2. The Collector South/DEO,
O/o Collectorate South, Margao

**Sub: Guidelines to mitigate the impact of heat wave at polling stations
during Lok Sabha Election 2024 reg...**

Madam/Sir,

I am directed to forward herewith guidelines received from Election Commission of India, vide letter No.592/MISC/EP(AS)/2024 dated 5/04/2024, on the subject cited above for information and for strict compliance.

Yours faithfully


(Sapna S. Naik Bandodkar)
Assistant Chief Electoral Officer

Encl:a/a

Copy to:

I.O/c





भारत निर्वाचन आयोग
ELECTION COMMISSION OF INDIA
निर्वाचन सदन, अशोक रोड, नई दिल्ली -110001
Nirvachan Sadan, Ashoka Road, New Delhi-110001

F. No. 592/MISC/EP(AS)/2024

Dated: 05th April, 2024

To

Chief Electoral Officers of
All States and Union Territories

Subject:

Guidelines to mitigate the impact of heat wave at Polling Stations during the
General Election to Lok Sabha - 2024 - regarding

Sir Madam,

The General Election to Lok Sabha - 2024 is scheduled to be held during the summer months of April - June. Therefore, it is imperative to address the potential challenges posed by heatwaves, witnessed during these months, to ensure the safety and well-being of electors especially Senior Citizens and Persons with Disabilities as well as election personnel at Polling Stations. In light of this, all the States/UTs are requested to adhere to the following guidelines at all Polling Stations to mitigate the impact of heatwaves:

- I. Identify polling stations located in areas prone to heatwave conditions based on IMD prediction and local climate patterns;
- II. Ensure that polling stations are equipped with adequate shade structures, such as tents, canopies, or umbrellas, with provision for chairs, to protect voters from direct sunlight. Install cooling devices such as fans or misting fans, wherever necessary, to maintain a comfortable temperature for voters and polling personnel. Also, ensure adequate ventilation in all Polling Stations. Special assistance must be given to the vulnerable electors like Sr. Citizens and Persons with Disabilities;
- III. Provision of drinking water must be arranged at all polling stations;
- IV. Training sessions for polling station staff must also include information on recognizing symptoms of heat-related illnesses and appropriate response procedures;
- V. Coordinate efforts with local government agencies, health department, and emergency services to access additional resources and support for heatwave mitigation; and
- VI. Utilize various communication channels, including social media and public announcements, to disseminate heatwave safety guidelines to the general public.

This may be brought to the notice of all DEOs for strict compliance.

Yours faithfully,

Handwritten signature and date:
15-4-24
Lilash

Handwritten signature:
(DEEPAI MASIRKAR)
DIRECTOR

Heat wave: Do's & Dont's

Heat Wave conditions can result in physiological strain, which could even result in death.

To minimise the impact during the heat wave and to prevent serious ailment or death because of heat stroke, you can take the following measures:

- Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- Drink sufficient water and as often as possible, even if not thirsty
- Wear lightweight, light-coloured, loose, and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
- Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.
- While travelling, carry water with you.
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
- Avoid high-protein food and do not eat stale food.
- If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs
- Do not leave children or pets in parked vehicles
- If you feel faint or ill, see a doctor immediately.
- Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which helps to re-hydrate the body.
- Keep animals in shade and give them plenty of water to drink.
- 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.

TIPS FOR TREATMENT OF A PERSON AFFECTED BY A SUNSTROKE:

- Lay the person in a cool place, under a shade. Wipe her/him with a wet cloth/wash the body frequently. Pour normal temperature water on the head. The main thing is to bring down the body temperature.
- Give the person ORS to drink or lemon sarbat/torani or whatever is useful to rehydrate the body.
- Take the person immediately to the nearest health centre. The patient needs immediate hospitalisation, as heat strokes could be fatal.

Acclimatisation

People at risk are those who have come from a cooler climate to a hot climate. You may have such a person(s) visiting your family during the heat wave season. They should not move about in open field for a period of one week till the body is acclimatized to heat and should drink plenty of water. Acclimatization is achieved by gradual exposure to the hot environment during heat wave.

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