

HEALTH ADVISORY FOR HEAT RELATED ILLNESSES

Panaji : March 5, 2025

Directorate of Health Services has issued public health advisory in anticipation of upcoming heat season for safeguarding self and others from heat related illnesses.

DHS has advised to stay hydrated-by consuming liquids like water, lemon based drinks, coconut water, buttermilk, ORS and watery fruits and vegetables like watermelon, muskmelon, oranges, cucumber etc., use head coverings/ umbrellas plus sunscreen and light coloured, loose cotton clothes when going outside, check IMD alerts on media and on their website and check on elderly/sick/ pregnant and lactating mothers/infants/people leaving alone/ people with disabilities for any signs of dehydration,

Call 108 immediately incase person has high body temperature and is either unconscious, confused, or has stopped sweating and shift them to nearest health care facility. Cool the person right away, while waiting, by moving them to a cool place, applying cold water to large areas of the skin or clothing; and fanning the person as much as possible.

It is further advise to avoid moving out between 12-3 pm especially on days that heat alerts are announced, avoid tea/coffee/alcohol/soft drinks, avoid oily, high protein diet, avoid leaving children, pets etc. in closed parked car as temperatures could increase markedly and avoid cooking at afternoon and high temperatures-complete cooking at cooler times.

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