

## **SAFETY MEASURES DURING HEATWAVE**

Panaji: March 31, 2026

The Office of the Collector & District Magistrate, South has issued safety measures during heatwaves in view of the rising temperature across the State of Goa. Citizens are advised to take following precautions to reduce the risk of heat-related illnesses and ensure personal safety.

To stay safe and protected it is advised to listen to Radio, watch TV, read Newspaper for local weather news or download weather information related mobile app, drink sufficient water and as often as possible, even if not thirsty, wear light weight, light-colored, loose, and porous cotton clothes, use protective goggles, umbrella/hat, shoes or chappals while going out in sun, carry water with you while travelling, if working 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 drink like lassi, torani (rice water), lemon water, buttermilk, etc. which help to re-hydrate the body, open door and windows to ventilate cooking area adequately, visit a doctor immediately, if you feel faint or ill.

As regards to the animals, keep them in shade and give them enough of water to drink, keep some drinking water for birds in small pots on the roof/balcony, keep your home cool, use curtain, shutters or sunshade and open windows at night, use fan, damp clothing and take bath in cold water frequently, provide cool drinking water near work place. Workers are advised to avoid direct sunlight, schedule strenuous jobs to cooler times of the day, Increase the frequency and length of rest breaks for outdoor activities, additional attention must be given towards pregnant women's and others with a medical condition.

Similarly, do not leave children or pets in parked vehicles, avoid going out in the sun, especially between 12.00 noon and 3.00 p.m., 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 stale food.

Heat wave can cause serious health issues such as heat exhaustion and heatstroke. Timely precautions can prevent emergencies. The Office of the Collector & District Magistrate appeals the public to Stay Alert, Stay Hydrated, Stay Safe.

**DIP/NB/AXP/SAG/PD/SM/2026/1364**

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Issued by the Department of Information & Publicity

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