

DHS ISSUES HEALTH ADVISORY ON HEAT STROKE

Panaji: April 21, 2026

Directorate of Health Services has issued Health Advisory as several States have witnessed unprecedented high temperatures leading to heat strokes and heat related deaths during recent years. Although entire general population is at risk, Elderly and children are particularly more susceptible.

For prevention and management of heat stroke public needs to take appropriate preventive measures.

Heatstroke is a form of hyperthermia or heat related illness caused by long exposure to high environmental temperature. It can also be caused by intense physical activity in hot weather.

Heat stroke occurs most commonly during the summer months of April to July. The key sign of heat stroke is a body temperature above 104 Degree Fahrenheit (40 Degree Celsius) and confused state of mind.

Simple steps to prevent Heat Stroke/Wave are wear lightweight, light-colored and loose-fitting clothing, keep the house well ventilated, especially the cooking area, keep the doors and windows open, during the hottest part of the day, cover the windows with curtains, cloth, bed sheet etc. To prevent dehydration, drink at least eight glasses of water, fruit juice, buttermilk or other fluids daily, avoid vigorous physical activities in hot and humid weather. Where possible, avoid going out during the hottest period of the day i.e. early and late afternoons. Take additional precautions when working outdoors in the field or exercising. Drink water/juice etc even not thirsty. Houses with tin roofs tend to get hotter. Take extra precautions in such a case. Avoid alcohol during this time.

Babies who are exclusively breast-fed may need extra breast-feeds in hot weather. Children above 6 months of age, who have started complementary feeding, can be given small amounts of cool, boiled water between feeds. Choose the coolest place in the house for babies or young children to sleep. Give young children (over 6 months of age) regular fluids throughout the day. Children should be prevented from playing outside in sun during peak hours of the day.

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Issued by the Department of Information & Publicity

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