

COLD WAVE

(SAFETY TIPS)



- Stay indoors as much as possible.
- Listen to local Radio Station for weather updates.
- Eat healthy food to supply heat to the body and drink non-alcoholic beverages to avoid dehydration.
- Wear several layers of lightweight and warm clothes; rather than one layer of heavy clothing. The outer garments should be tightly woven and water-repellent.
- Keep dry. Change wet clothing frequently to prevent loss of body heat.
- Maintain proper ventilation when using kerosene, heater or coal oven to avoid toxic fumes.
- In case of non availability of heating arrangement, go to public places where heating arrangements are made by administration.
- Cover your head, as most body heat is lost through the top of the head and cover your mouth to protect your lungs.
- Avoid over work. Over exertion can cause heart attack.
- Watch for signs of frostbite: loss of feeling and white or pale appearance on fingers, toes, ear lobes and the tip of the nose.
- Watch for signs of hypothermia (subnormal body temperature): uncontrolled shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.



Towards a disaster free India.....

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