



**PUBLIC HEALTH ADVISORY ON EXTREME  
HEAT/HEAT WAVE**

**BY CHANDIGARH DISASTER MANAGEMENT  
AUTHORITY**



As per the Temperature Status and Heat Wave Warning issued by the India Meteorological Department (I.M.D.), Chandigarh is under RED ALERT and heat wave is likely to affect areas in Chandigarh in the upcoming days. The general public is advised to take care of themselves and the vulnerable population around them to ensure no one is affected due to the extreme heat prevailing in the city.

- H- Hydrate yourself** with water, ORS, homemade drinks like lassi, torani, lemon water, buttermilk, etc.
- E- Extra Care to be given to the Elderly, Infants and Pregnant Women** as they are more likely to get affected by Heat Wave. Give them plenty of fluids to drink and use cool baths, showers or place wet towel on their neck and underarms.
- A- Avoid going out in the Sun**, especially between 12:00 Noon to 03:00 P.M. When going outside, carry drinking water; wear lightweight, light-colored, loose, cotton clothes; and ensure to cover your head with cap, towel, umbrella or any other head gear to avoid exposure to direct sunlight.
- T- Take Care of Birds and Animals** by keeping a shallow pot/utensil filled with water and by making temporary green sheds.
- W- When parking cars under uncovered area**, keep the windows slightly open, cover the dashboard with towel or use insulated covers for the vehicle.
- A- Avoid alcohol, tea, coffee and carbonated soft drinks** or drinks with large amount of sugar as these actually lead to loss of more body fluid or may cause stomach cramps.
- V- Ventilate your house**, office, factory to ensure heat is not trapped in the room. Also, Cool Roof Methods like white paint, green net shading, mist cooling system, etc. may be adopted to keep the home/office cool.
- E- Eat seasonal fruits and vegetables with high water content** like water melon, musk melon, orange, cucumber, grapes, etc.

**STAY ALERT-** It is also advised to regularly check Newspaper, IMD website, Television and Radio for alerts related to Heat Wave. More details are available on <https://ndma.gov.in/Natural-Hazards/Heat-Wave/Resources>.

Issued in Public Interest by Chandigarh Disaster Management Authority.  
Emergency Helpline No. for all purposes: 112