

Heat Wave: DO's and DON'Ts (During Covid-19)

Must for All

Do's

- Stay at home and listen to radio; watch TV; read Newspaper for updates/advisories on the local weather and COVID-19 situation.
- Drink sufficient water, as often as possible, even if not thirsty. Persons with epilepsy or heart, kidney or liver disease who are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Use ORS (Oral Rehydration Solution), homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. to keep yourself hydrated.
- Wear lightweight, light coloured, loose, cotton clothes.
- Avoid going out. If it is necessary to go outside, cover your head (cloth/hat or umbrella) and face. Avoid touching any surface, as far as possible.
- Maintain physical distancing at least 1 meter from other persons.
- Wash hands frequently and properly with soap and water. When soap and water is not available, use hand sanitizer.
- Keep separate towels for each member of the house. Wash these towels regularly.

Other Precautions

- Stay indoors as much as possible.
- Keep your home cool - use curtains, shutters or sunshade, and open windows at night. Try to remain on the lower floors.
- Use fans, damp clothing and take a bath in cold water frequently to cope up with excess heat.
- If you feel sick – high fever/throbbing headache/dizziness/nausea or disorientation/continuous coughing/shortness of breath, see a doctor immediately.
- Keep animals in shade and give them plenty of water to drink.

DON'Ts

- Do not go out during the lockdown. If you have to go out for essential work as permitted, try to schedule it during cooler hours of the day. Avoid going out during peak heat hours - especially between 12.00 noon and 3.00 p.m.
- Do not go out barefoot or without a face and head cover.
- Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrate the body.
- Avoid high-protein, spicy and oily food. Do not eat stale food.
- Don't touch your eyes, nose and mouth without washing your hands.

- Avoid close contact with people who are sick.
- Do not go out if you are sick; Stay at home.

Employers and Workers

Do's

- Provide clean and cool drinking water at the workplace.
- Caution workers to avoid direct sunlight. If they have to work in the open (agricultural labourers, MNREGS workers, etc.), ensure that they cover their heads and face at all times.
- Schedule strenuous jobs to cooler times of the day.
- Increase the frequency and length of rest breaks for outdoor activities.
- Give special attention to pregnant workers or workers with a medical condition.
- Make all the workers wear face covers, maintain physical distance of 1-1.5 m from others and practice hand hygiene. Provide soap and water for frequent hand washing. Caution them to not touch their faces without washing their hands.
- Make provision for lunch/dinner space in a manner such that there is a 1-1.5 m distance between two persons.
- Sanitation workers should cover their heads, wear mask and gloves. Don't touch the mask after wearing it. They should wash their hands thoroughly and frequently.
- Once you go home after work, take a bath and wash your used clothes thoroughly.
- Always follow Social Distancing.
- If someone is sick, he/she must be reported to the duty supervisor.

Don'ts

- Don't spit, smoke or chew tobacco at workplace.
- Don't shake hands or hug others.
- Don't touch your face – especially eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Don't go to work if you are sick; Stay at home.

Police / Traffic Police Personnel

- Wear cool jacket while on duty during the day.
- Stop people/vehicles at a distance from you. Do not touch the documents you are checking. Also avoid touching any surface, as far as possible.
- As far as possible, wash your hand regularly and thoroughly. If soap and water are not readily available, use hand sanitiser. DO NOT touch your face with unwashed hands.
- Wear face mask at all times. Change them periodically and dispose of the used mask safely.
- Drink sufficient water, as often as possible, even if not thirsty.
- Use protective gear – shade, sunglasses, and sunscreen.
- As far as possible, relatively young personnel should be put on traffic duty during the day.
- When you go home after work, take a bath and wash your used clothes thoroughly.

Senior citizens

- Stay indoors as much as possible. Don't go to crowded places like parks, markets and religious places.
- Keep your home cool, use curtains and fans or cooler.
- Maintain hygiene by regularly washing hands, especially before having meals.
- Call a doctor immediately if you feel sick and experience any of the following:
 - High body temperature, with or without body ache
 - Throbbing headache, dizziness, nausea or disorientation
 - Coughing and/or shortness of breath
 - Unusually poor appetite
- If you are looking after a senior citizen:
 - Help her/him in regularly washing hands.
 - Ensure timely meals and water intake.
 - Use a face cover to cover your nose and mouth while attending on him/her.
 - Wash your hands thoroughly before touching him/her.
 - In case you are suffering from fever/ cough / breathing difficulty, don't go near her/him. Try to make someone else attend to him/her during that time.