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06/6/24

DIRECTORATE OF HIGHER EDUCATION
CHANDIGARH ADMINISTRATION
(COLLEGE-II BRANCH)

Additional Deluxe Building, 2nd floor, Sector-9
Chandigarh-160 009

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A copy alongwith enclosures is forwarded to the Principal/Director/Librarian of all Govt. College/ Privately Managed Aided Colleges/Institutes and Libraries of U.T., Chandigarh for information and taking further necessary action.

DA/as above

Hanuman G
Superintendent, College-II
O/o Director Higher Education,
Chandigarh Administration

PGGCH-42

MOST URGENT
HEAT WAVE ALERT

20/08/2024

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DHE
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CHANDIGARH ADMINISTRATION
DISTRICT DISASTER MANAGEMENT AUTHORITY
Estate Office Building, Sector 17, Chandigarh

From

The District Magistrate cum
Chairperson, District Disaster
Management Authority,
U.T. Chandigarh.

Diary No.: 2709.....

Date: 22/05/24

To

All the Administrative Secretaries/Heads of Departments,
Boards/Corporations/Authorities etc.,
Chandigarh Administration. ~~ESTATE OFFICE~~

Memo No. DDMA/2024/HW-6
Dated: 21-05-2024

Higher Education Ctd.

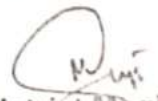
Subject:

Circulation of PUBLIC HEALTH ADVISORY on HEAT WAVE.

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 being 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. Accordingly, a Public Health Advisory has been prepared by this office for general public and the same is attached herewith as Annexure 1.

You are requested to kindly circulate the advisory to all the officials working in the Offices under your administrative control. The advisory may also be printed on an appropriate sized flex/paper for convenience of the reader and displayed at prominent places in all the Offices/Sub-Offices/Institutes/Public Places under your control for wider public outreach. If the department has online presence, the advisory may also be uploaded on the department's website and social media page. Furthermore, the officials working in the offices under your administrative control may also be advised to disseminate the advisory in Official/Personal Groups on social media platforms like WhatsApp

Kindly treat it as MOST URGENT. A soft copy of the Advisory for printing purposes can be obtained from the Official Website of the Chandigarh Administration, i.e. chandigarh.gov.in.


for District Magistrate cum
Chairperson, District Disaster
Management Authority,
Chandigarh

ADVISORY ON HEAT WAVE

Heat Wave

Heat wave has emerged-as-one-of-the major-weather-hazards-in-India. Heat wave-is a period of abnormally high temperatures, more than the normal maximum temperature that occurs during the pre-monsoon summer season. Heat wave season typically occurs from March to June and in some cases: even extends up to July. There has been an increasing trend of heat wave phenomenon in India over the past several years. Climate change is driving temperatures higher as well as increasing the frequency and severity of heat waves in India.

In 2018, heat wave conditions prevailed for about 3-6 days in Chandigarh (24-29 May). (Source IMD).

Extreme temperatures combined with high humidity and associated atmospheric conditions adversely affect people leading to physiological stress, loss of productivity, illness and sometimes even death Heat wave can affect human and animal health and also cause major disruption in community infrastructure such as power supply, public transport and other essential services.

The adverse impacts of heat wave can be significantly reduced by educating people on the Do's and Don'ts of Heatwave (Annexure 1) and developing a culture of reporting health issues pertaining heat wave to medical facilities in time thereby ensuring timely diagnosis and treatment.

Roles and Responsibilities

District Disaster Management Unit

- Real-time surveillance and evaluation of weather station.
- Disseminate the information received from IMD to the public at large, including communicating alerts to Ward Councilors.
- Disseminate the heat-health warning, determine the threshold for action and communicate the risks.
- Coordination among all stakeholders including collaboration with non-government and civil society. Religious places may also be involved to increase efforts for instance distributing fresh drinking water to the public.
- Develop monitoring mechanism for implementation of Heat Action Plan.
- Deployment of rapid medical response teams.
- IEC Campaign to keep people informed about Do's and Don'ts regarding exposure to Heat Wave, fluid intake, regulation of work, clothing protective device and work environment during Heat Wave period.
- Activate "cooling centers such as temples, public buildings, malls during heat alert
- Identify and set up public displays of Temperature and Forecasts.

Health Department

- Ensure 24X7 heat health facilities with adequate provision of basic medicine like ORS Glucose etc.
- At all health institutions, earmarked beds to be kept in readiness at a cool well-ventilated space.
- Sensitization of all categories of health personnel on heat stress disorders prevention and management.
- Heat Wave related morbidity and mortality tracking system to be established and updated periodically including coordination with private hospitals to collect data.

Municipal Corporation

- Ensure drinking water facilities, including at all vulnerable places, common places like parks, nearby habitation and bus shelters.
- Repair maintenance of mechanical/ electrical fault of tube wells, ponds, at priority basis to ensure water storage.
- Access to open parks and spaces during daytime for providing spaces with shade.
- Sprinkling of water on roads.
- Construct shelters, sheds at public places.
- Promote cool roofs initiative such as paint roof white; create green roofs and trees in neighborhood to keep them cool.

Education Department

- Reschedule school timing and vacation as per heat wave situation.
- Ensure availability of water facilities and cool places in all educational institutions.
- Ensure avoidance of physical activity during peak hours.
- No school assembly for prayer or special programmes.
- Train school teachers to equip them with knowledge of heat protection tips, different alerts and activities, which they can disseminate in classrooms.

Labour Department

- Reschedule working hours for employees in different sectors, encouraging employers to shift outdoor workers schedules away from peak afternoon hours during heat alert. Also, proper clothing including head gear like cap or gamcha may be ensured.
- Ensure provision of sheds for workers at work place.
- Ensure drinking water facilities at work places.
- Ensure regular health check-up of the workers and provide emergency ice packs and heat illness prevention materials to construction workers and other outdoor workers.

Women and Child Development/ Social Welfare

- Display IEC materials at Anganwadis and encourage integrated child development scheme (ICDS) workers to disseminate Heat Wave related information with special focus on infants, children below five years, pregnant and lactating mothers, and geriatric population to protect them from dehydration.
- Ensure provision of drinking water and first aid at all the Anganwadi Centers old age homes, orphanages.
- Distribution of ORS at AWC

Animal Husbandry

- Shelter for livestock and animal husbandry should be maintained.
- Pre-positioning of adequate veterinary medicines and supplies.
- Provision of drinking water for animals.
- Clinical education to those who have animals may be disseminated.

Forest Department

- Maintain water bodies in protected areas for wild animal and birds.
- Identifying "hem hot-spots using framework for tracking and modeling based on IMD dam.

State Police Department of Home

- Ensure shed for on duty traffic police, as they are more exposed to heat wave and distribution of Cool Jacket for traffic police personnel.

Electricity/Power

- Ensure repair and maintenance work for uninterrupted power supply during peak season.
- Power shedding should be cut down/reduced during severe heat (frequency and timing)

Engineering Department

- Ensure works like carpeting of roads and other activities are not carried out during peak hours.
- Facilities like water kiosks, sheds are made available to all working groups.
- Ensure water availability in form of water kiosks, etc. at all parks under control of Engineering Wing.

Media Campaign and IEC Activity

- IEC Campaign to create awareness through print media, electronic media, social media etc. Increase public communication including distributing multilingual pamphlet and advertisements, local radio FM broadcasts, on heat stress prevention and tips for health protection during extreme heat events.
- Display Board with colour coding for heat wave alert.
- Display Do's and Don'ts in Public areas, Hospitals, Parks etc.

Community Groups and Individuals:

- To support and coordinate with government departments in implementing Heat Wave management measures.
- Distribute IEC materials, Do's and Don'ts (Annexure 1)

Annexure-1

Heat Wave Do's and DON'T

DO'S

Must for All

- Listen to Radio, watch TV; read Newspaper for local weather news.
- Drink sufficient water-even if not thirsty.
- 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.
- Cover your head: Use a cloth, hat or umbrella

Employers and Workers

- Provide cool drinking water near work place.
- Caution workers to avoid direct sunlight.
- Schedule strenuous jobs to cooler times of the day.
- Increasing the frequency and length of rest breaks for outdoor activities.
- Pregnant workers and workers with a medical condition should be given additional attention.

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 lower floors.
- Use fans, damp clothing and take bath in cold water frequently.
- If you feel faint or ill, see a doctor immediately.
- Keep animals in shed and give them plenty of water to drink.

DONT'S

- Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- Avoid strenuous activities when outside in the afternoon.
- Do not go out barefoot.
- Avoid cooking during peak hours. Open doors and windows to ventilate the cooking area adequately.
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
- Avoid high-protein food and do not eat stale food.
- Do not leave children or pets in parked vehicles as they may get affected by Heat Wave.



**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