

विद्या विहार, रायबरेली रोड, लखनऊ-226025
BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY
(A CENTRAL UNIVERSITY)
VIDYA VIHAR, RAE BARELI ROAD, LUCKNOW-226025
(THROUGH PROPER CHANNEL)

Letter No. 114/UHC/BBAU/23

Date: 22/12/2023

To

The Registrar

B.B.A.U.


Sub: Health Bulletin on Cold waves

Respected Sir,

A Health Bulletin regarding Cold, its ill effects , prevention & its treatment is enclosed for general information & benefit for all.

Copy to:-

- 1) SO to VC for kind information.
- 2) PS to Registrar for kind information
- 3) w/c website for uploading on University website


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Registration No. 26196 (M.C.I.)
पंजीकरण संख्या-२६१९६

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बाबासाहेब भीमराव अम्बेडकर विश्वविद्यालय
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Cold Wave / Frost

Do's and Don'ts

Do's

Before

1. Listen to the radio, watch TV, read newspaper for local weather forecast to know if a cold wave is round the corner.
2. Stock adequate winter clothing.
3. Multiple layers of clothing are more helpful.
4. Keep emergency supplies ready.
5. An increased likelihood of various illnesses like flu, running /stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold.
6. Consult the doctor immediately for such symptoms.

During

1. Follow weather information closely and act as advised.
2. Stay indoors and minimize travel to prevent exposure to cold wind.
3. Keep yourself dry, wear multiple layers of loose fitting woolen clothing, cover your head, neck, hands and toes adequately.
4. Eat healthy food, fruits and vegetables rich in Vitamin C to maintain adequate immunity and equilibrium of body temperature.
5. Drink hot fluids regularly, as this will maintain body heat to fight cold.
6. Store essentials supply of goods as per requirement and adequate water as pipes may freeze.
7. Take care of elderly people and children and check neighbours who live alone.

Contd.

(2)

8. Do not burn coal indoors for generating heat-closed spaces could be dangerous as it can produce carbon monoxide which is very poisonous and can kill persons in the room.
9. Watch out for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ears lobes and the tip of the nose, while exposed to cold waves.
10. Someone suffering from Frostbite/Hypothermia –like a decrease in body temperature which can cause shivering, difficulty in speaking, sleepiness, stiff muscles, heavy breathing, weakness and/or loss of consciousness. Hypothermia is a medical emergency that needs immediate medical attention.
11. Consult doctor immediately for symptoms like various illnesses, running /stuffy nose particularly during the period of COVID-19.
12. Download NDMA's mobile application: First Aid for Students and Teachers (FAST) for information on first aid.

In the case of hypothermia:

1. Get the person into a warm place and change clothes.
2. Warms the person's body with skin- to- skin contact, dry layers of blankets, clothes, towel or sheets.
3. Give warm drinks to help increase body temperature. Do not give alcohol .
4. Seek medical attention if the condition worsens.

Don'ts

1. Avoid prolonged exposure to cold.
2. Don't drink alcohol that reduces body temperature and narrows blood vessels, particularly in hands, which can increase the risk of hypothermia.
3. Do not massage the frostbitten area. This can cause more damage.
4. Do not ignore shivering. It is the first sign that the body is losing heat,get indoors.
5. Do not give the affected person any fluid unless fully alert.


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