

विद्या विहार, रायबरेली रोड, लखनऊ-226025
BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY
(A CENTRAL UNIVERSITY)
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(THROUGH PROPER CHANNEL)

Letter No. 49 /UHC/BBAU/26
Date: 02/05/2026

To
The Registrar

B.B,A.U.

Sub: Health Bulletin on Heat waves

Respected Sir,

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


Dr. (Major) Vikas Srivastava

Chief Medical Officer

डा० (मेजर) विकास श्रीवास्तव

Chief Medical Officer

मुख्य चिकित्साधिकारी

Babasaheb Bhimrao Ambedkar University

बाबासाहेब भीमराव अम्बेडकर विश्वविद्यालय

Registration No. 20193 (M.C.O.)

पंजीकरण संख्या-२६१६६

Copy to:-

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


6/5/26

HEALTH ADVISORY

DO'S

For General Population

Stay Hydrated

1. Drink sufficient water whenever possible, even if you are not thirsty.
2. Carry Drinking water while travelling or moving out.
3. Consume homemade drinks like lemon water, butter milk, lassi, fruit juices.
4. Eat seasonal fruits and vegetables with high water content like water melon, musk melon, orange, grapes, pineapple, cucumber or locally available fruits and vegetables.

Stay Covered

1. Wear thin, loose, cotton garments preferably light coloured.
2. Cover your head, use umbrella, hat, cap, towel and other traditional head gears during exposure to direct sunlight.
3. Wear shoes or sandals while going out in sun.

Stay Alert

1. Listen to Radio, watch television, read newspapers for local weather news.

Stay indoors as much as possible

1. In well ventilated and cool places.
2. Block direct sunlight and heat waves.
3. Keep windows and curtains closed during the day, especially on the sunny side of your house.
4. If going outdoor, limit your outdoor activity to cooler times of the day i.e., morning and evening. Reschedule or plan outdoor activities during cooler parts of the day.

(2)

For Vulnerable Population

Although anyone at any time can suffer from the heat stress & heat-related illness, some people are at greater risk than others and should be given additional attention.

These include:

- a. Infants and young children
- b. Pregnant women
- c. People working outdoors
- d. People who have a mental illness
- e. People who are physically ill, especially with heart disease or high blood pressure
- f. People coming from cooler climate to a hot climate. If such persons are visiting from a cooler place during heatwaves, they should allow some time for their bodies to acclimatized to heat/cold atmosphere and should drink plenty of water.
- g. Acclimatization is achieved by gradual increase in exposure/physical activity in hot environment.

Other Precautions

1. Elderly or sick people living alone should be supervised and their health monitored on a daily basis.
2. Keep your home cool, use curtains or sunshade and open window at night.
3. Try to remain on lower floors during the day.
4. Use fan to cool down body.

Health impact of Heat: Heat-Related Illnesses

1. Normal human body temperature ranges between 97.5 F to 98.9 F
2. Exposure to high outdoor /indoor temperatures can induce heat stress directly or indirectly, leading to heat related illnesses
3. Heat related illnesses includes
 - a. Heat rash (prickly heat)
 - b. Heat oedema (swelling of hands, feet and ankles)
 - c. Heat cramps (muscle cramps)
 - d. Heat tetany
 - e. Heat syncope (fainting)
 - f. Heat exhaustion
 - g. Heat stroke

(3)

Heat related illness symptoms

- a. Dizziness or fainting
- b. Extreme thirst
- c. Nausea or vomiting
- d. Decreased urination with unusually dark yellow urine
- e. Headache
- f. Rapid breathing and heartrate

Heat-related illnesses are preventable

1. If you or others feel unwell and experience any of the abovementioned symptoms of Heat related illness during extreme heat,
 - a. Immediately move to a cool place and drink liquids.
 - b. **Water is the best liquid.**
 - c. Get help /medical assistance if possible.
 - d. Measure your body temperature if possible.
2. If you experience painful muscular spasm (legs, arms or abdomen)
 - a. Rest immediately in a cool place and drink O.R.S. after medical advise.
 - b. Medical attention is required if heat cramps last more than an hour.

Heat stroke is a Medical emergency.

Seek immediate medical attention if you observe-

- a. Altered mental sensorium with disorientation, confusion and agitation
- b. Hot, red and dry skin
- c. Throbbing headache
- d. Anxiety, dizziness, fainting and lightheadedness
- e. Muscle weakness or cramps
- f. Nausea & vomiting
- g. Rapid heartbeat, shallow breathing

(4)

While waiting for medical help cool the person right away by-

- a. Move them to a cool place
- b. Apply cold water to large areas of the skin
- c. Fanning the person as much as possible


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