

HEAT ACTION PLAN - 2023 DISTRICT RAYAGADA

Prepared by

**DISTRICT DISASTER MANAGEMENT AUTHORITY
RAYAGADA, ODISHA-765001**



**HEAT ACTION PLAN - 2023
DISTRICT RAYAGADA**

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Abbreviation

AWC	:	Anganwadi Centre
BDO	:	Block Development officer
BCR	:	Block Control Room
CCA	:	Climate Change Adaptation
CDMO	:	Chief District Medical Officer
CDPO	:	Child Development Project Officer
CDVO	:	Chief District Veterinary Officer
CMRF	:	Chief Ministers Relief Fund
DC	:	District Collector
DCR	:	District Control Room
DDMA	:	District Disaster Management Authority
DDMP	:	District Disaster Management Plan
DDM	:	District Disaster Manager
DEOC	:	District Emergency Operation Centre
DSWO	:	District Social Welfare Officer
DRR	:	Disaster Risk Reduction
EE	:	Executive Engineer
GoI	:	Government of India
GP	:	Gram Panchayat
HRVA	:	Hazard Risk and Vulnerability Assessment
IAY	:	Indira Aawas Yojana
MO	:	Medical Officer
NGO	:	Non-granted Organisation
OSDMA	:	Odisha State Disaster Management Authority
OIC	:	Officer In charge
PDS	:	Public Distribution System
PHC	:	Primary Health Centre
PWD	:	Public Works Department
RD	:	Rural Development
SP	:	Superintendent of Police
VSO	:	Veterinary Stock Officer
W&CD	:	Women & Child Development
UNDP	:	United Nations Development Programme

Foreword

Heat waves in the recent years have become a challenge for the health, environment and water related crises.

The forecast reports and weather data disseminated by India Meteorological Department (IMD) and Special Relief Organisation (SRO), Odisha are used for heat wave analysis in the district.

The purpose of Heat Action Plan of Rayagada District is to provide a framework to the stakeholders for effective implementation, coordination and evaluation of heat response activities in their locality that reduce the negative impact of intense heat.

The preventive and preparedness measures focus on behavioural changes may adapt to minimize adverse effects of heat wave and the heat plan of the district useful for the officials concerned to all required actions for effective management of heat wave during the Summer-2023.

As disaster management is a joint effort of all stakeholders, urge for proactive actions of all authorities concerned and invite more and more focus on dynamic activities to minimize adversities of heat wave.

We appreciate your suggestions, feedbacks and management activities at the email: deocrayagada@rediffmail.com for further improvement of this plan.

District Emergency Operation Centre
(DEOC), Rayagada

CHAPTER-I

Introduction

Rationale for Preparation of Heat Action Plan (HAP)

Odisha has a history of Heat Waves with soaring temperatures being recorded in several parts of the state. About 2042 people died in the State in the year 1998 due to Heat Wave. Casualties related to Heat Wave were experienced by the state again in 2005 when 236 lives were lost. There could have been many possible reasons including growing urbanization, rising population and industrialization. The problem is further going to be magnified due to climate change. According to the estimates, the situation is likely to worsen in the coming years; the World Meteorological Organization (WMO) predicts heat related fatalities will double in less than 20 years. The situation demands that the policy makers and researchers revisit and strengthen the current HAP. Till date, the Heat Wave measures have been mostly preventive in nature. However, prolonged summers, increased temperature and climatic changes require designing adaptive measures and building resilience in the informal sector (vulnerability assessment and alternate livelihood generation of the vulnerable population) along with the preventive actions. Under these circumstances, adaptation is a key response strategy to minimize potential deaths and other adverse effects on health due to Heat Waves (NDMA Guideline 2019).

Heat wave Definition

Heat wave is defined based on the temperature thresholds over a region in terms of actual temperature or its departure from normal. It is a condition where air temperature becomes fatal to human body when exposed. The World Meteorological Organization (WMO) defines a Heat Wave as ‘five or more consecutive days during which the daily maximum temperature exceeds the average maximum temperature by five degrees Celsius’. Again, depending on the upper deviation from the normal temperature it can be moderate Heat Wave or Severe Heat Wave (www.imd.gov.in).

As per India Meteorological Department (IMD) classification, Heat Wave is considered if maximum temperature of a station reaches at least 40°C or more for plains, 37°C or

more for coastal stations and at least 30°C or more for hilly regions. Following criteria are used to declare a Heat Wave:

Based on Departure from Normal

- ✓ **Heat Wave:** Departure from normal is 4.5°C to 6.4°C
- ✓ **Severe Heat Wave:** Departure from normal is >6.4°C

Based on Actual Maximum Temperature (for Plains only)

- ✓ **Heat Wave:** When actual maximum temperature $\geq 45^{\circ}\text{C}$
- ✓ **Severe Heat Wave:** When actual maximum temperature $\geq 47^{\circ}\text{C}$

To declare a Heat Wave, the above criteria should be met at least at two stations in a Meteorological sub-division for at least two consecutive days. A Heat Wave will be declared on the second day. Higher peak temperatures daily and longer and acute Heat Waves are becoming increasingly frequent globally due to climate change.

Objective of Heat Action Plan

Basic aim of the heat wave action plan for Summer-2023 is to alert those may at risk of heat related illness and to take appropriate precautions. It also calls to enhance the preparedness measures to protect human and animal resources, as extreme heat causes significant stress to them.

This plan is intended to mobilize departments, institutions, communities and individuals to help jointly against the avoidable health problems during spells of very hot weather in Summer-2023.

It aims to provide a framework to the stakeholders for effective implementation, coordination and evaluation of heat response activities in their locality that reduce the negative impact of intense heat.



CHAPTER-II

District Profile

A. Climate and Location

Rayagada District is located between 82.51 to 84.02 E longitude and 19.00 to 19.58 N latitude spreading over an area of 7073 square kilometres. It is surrounded by Gajapati District on the east, Kandhamal in north-east, Kalahandi on west, Koraput on south-west and Andhra Pradesh (Vijaynagar District) on south. The National Highway 326 pass through this District and the Raipur-Vizianagaram Branch of East-Coast Railways traverses through this District.

The climate of the major portion of the District, which lies to the east of the eastern ghat, is more like that of the east coast. The climate of the remaining region of the District due to its elevation and situation on the Eastern Ghats is different than this. The year may be divided into four seasons, the hot season from March to May, the southwest monsoon season from June to September, the post monsoon season from October to November and the cold season from December to February.

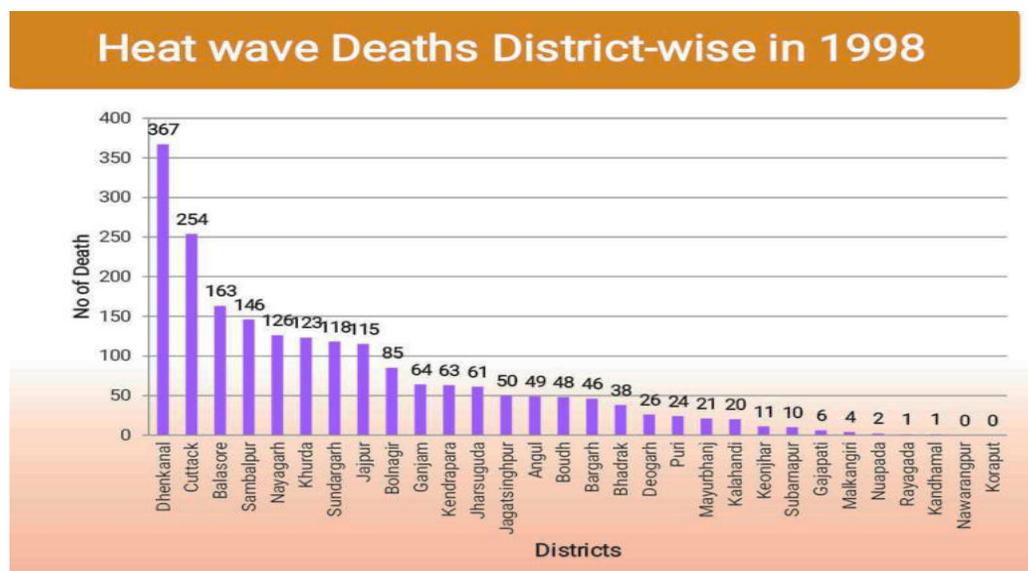
B. District at a Glance

Sl. No	Particulars	No.
1.	No. of villages	2657
2.	Total Population	967911
	a. Male	471960
	b. Female	495951
	c. Children	333870
3.	No. of Blocks	11
4.	No. of Gram Panchayat	182
5.	No. of Tahasil	11
6.	No. of RI Circle	83
7.	No. of Police Stations	17
8.	No. of Fire Stations	11
9.	No. of Urban Local Bodies	3
10.	No. of Sub-Centres	236
11.	No. of PHC	36
12.	No. of CHC	36
13.	No. of Sub-Divisional Hospital	1
14.	No. of Veterinary Hospitals	16
15.	No. of Anganwadi Centres	1947
16.	No. of ASHA	1766

17.	No. of Colleges	22
18.	No. of Schools	2120
19.	No. of Odisha Adarsh Vidyalaya	11
20.	No. of Rural Water Supply System	
	a. No. of Tube Wells	-
	b. No. of Tube Well Functional/Running	13396
	c. No. of Tube Well Dysfunctional	-
	d. No. of Tube Well Dysfunctional but Repairable	-
	e. No. of Tube Well having Solar Power	419
	f. No. of Mega Water Supply	-
21.	No. of Temporary Shelters	86
22.	No. of Night Shelters	3

Occurrence of Heat Wave

The Heat Waves over Rayagada District generally occur during the summer season which commences in March and stretches until June/July. The maximum temperature during this period goes well above 40⁰ C. Heat Wave pattern differs from region to region, coastal area of the state experiences humid heat and western part experiences more dry heat. In the district Urban Local Bodies such as Rayagada Municipality and Gunupur Municipality area experiences little more heat wave like condition compare to other rural areas.



Warning Dissemination

Forecast and Issuance of Heat Wave Alert by IMD

India Meteorological Department (IMD), Ministry of Earth Sciences, is the Nodal Agency for providing current and forecast weather information, including warnings for all weather-related hazards for optimum operation of weather-sensitive activities. It provides warning against severe weather phenomena like tropical cyclones, squally winds, heavy rainfall/snow, thunder-squall, hailstorm, dust storms, Heat Wave, warm night, fog, cold wave, cold night, ground frost, etc. It also provides real time data and weather prediction of maximum temperature, Heat Wave, extreme temperatures and heat alerts for vulnerable cities/rural areas.

IMD has a big network of surface observatories covering entire country to measure various metrological parameters like Temperature, Relative humidity, pressure, wind speed & direction etc. Based on daily maximum temperature station data, climatology of maximum temperature is prepared for the period 1981-2010 to find out normal maximum temperature of the day for the particular station. Thereafter, IMD declares Heat Wave over the region as per its definition. IMD issues temperature forecast & warnings in following range:

- a. Short to medium range (lead time/validity of 1 to 5 days)
- b. Extended range (lead time/validity up to 4 weeks)
- c. Seasonal range (lead time/validity up to 3 months)

IMD predicts Heat Wave based on synoptic analysis of various meteorological parameters and from the consensus guidance from various regional & global numerical prediction models like, WRF, GFS, GEFS, NCUM, UMEPS, UM Regional etc. available at Ministry of Earth Sciences (MoES) and other international models accessible under bilateral multi-institutional arrangement.

A common man may get Heat Wave information from All India Weather Forecast Bulletin (<https://mausam.imd.gov.in>) and special Heat Wave guidance bulletins (http://internal.imd.gov.in/pages/heatwave_mausam.php) every day from 1 April to 30 June. The Heat Wave information is shared with concerned State Government

Authority, Media and other stakeholders like Indian Railway, Health departments, Power Sector etc. The general public is informed through Print & Electronics Media.

IMD issues forecasts and warnings for all weather-related hazards in short to medium range (valid for the next five days) everyday as a part of its multi-hazard early warning system. These warnings, updated four times a day (are available at <http://www.imd.gov.in/pages/allindiawxbulletin.php>).

A new system of exclusively heat-related warnings has been introduced with effect from 03 April 2017. These warnings, valid for the next 5 (five) days, are issued around 1600 hours IST daily and are provided to all concerned authorities (Departments of Health, Disaster Management, Indian Red Cross and Indian Medical Association, NDMA etc.) for taking suitable action at their end. A bulletin in extended range with outlook for the next two weeks (for all hazards including Heat Wave) is issued every Thursday (available at <http://www.imd.gov.in/pages/extended.php>).

Color Code	Alert	Warning	Impact	Suggested Actions
Green (No action)	Normal Day	Nil	Comfortable temperatures	No cautionary action required
Yellow Alert (Be updated)	Heat Alert	Heat wave conditions at district level, likely to persist for 2 days	Heat is tolerable for general public but moderate health concern for vulnerable people e.g. infants, elderly, people with chronic diseases.	Avoid heat exposure
Orange Alert (Be prepared)	Severe Heat Alert for the day	i. Severe heat wave conditions likely to persist for 2 days. ii. With varied severity, heat wave is likely to persist for 4 days or more.	Increased likelihood of heat illness symptoms in people who are either exposed to sun for a prolonged period or doing heavy work. High health concern for vulnerable people e.g. infants, elderly, people with chronic diseases.	Avoid heat exposure – keep cool. Avoid dehydration
Red Alert (Take Action)	Extreme Heat Alert for the day	i. Severe heat wave likely to persist for more than 2 days. ii. Total number of heat/severe heat wave days likely to exceed 6 days.	Very high likelihood of developing heat illness and heat stroke in all ages.	Extreme care needed for vulnerable people.

Monitoring Heat wave by DDMA

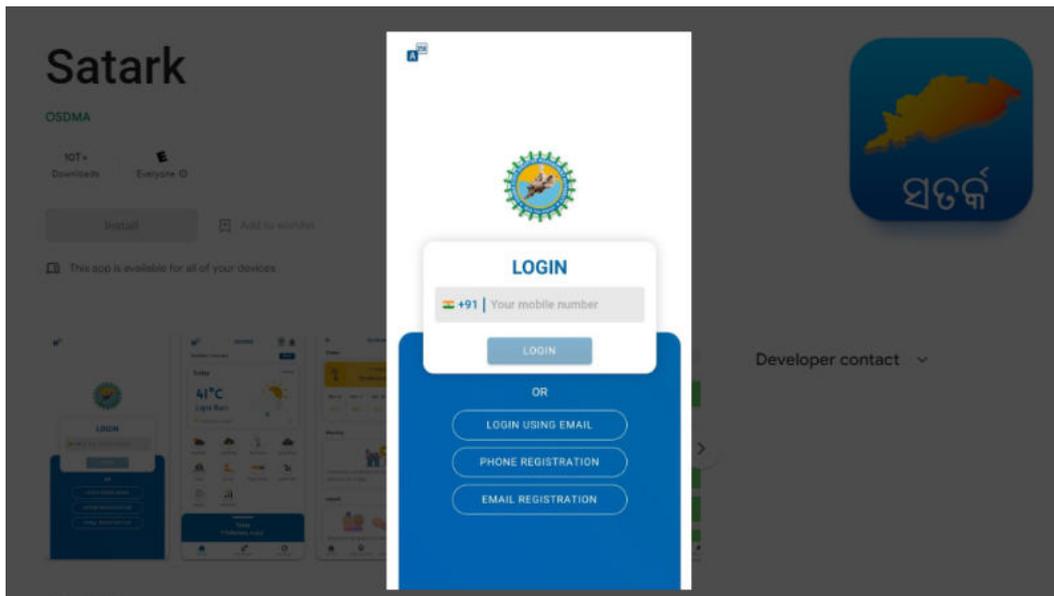
Based on IMD observations, heat conditions of District are analyzed on a daily basis by DDMA from March-June every year. Maximum temperature map of the state is prepared on GIS platform. The information is disseminated to the different stakeholders through social media.

Information Dissemination

SATARK is a decision support system based on the Web/ Smartphone that helps to provide early warning information for different risks. It is an application developed by OSDMA in collaboration with RIMES. “SATARK” mobile application was developed both in IOS and Android, providing block level alerts and preparedness advisories (Do’s and Don’ts) in Odia and English languages. The application is incorporated with observation and forecast data from Indian Meteorological Department (IMD) and the best available forecast products. Block level and location specific alerts are issued through Mobile App, E-Mail, SMS and other available sources. The advisories are freely available through SATARK mobile application.

SATARK App can be downloaded with the following link:

https://play.google.com/store/apps/details?id=satark.app.io.ionic&hl=en_IN&gl=US



Preparedness Measure

Department wise Specific Preparedness Measures

1. Chief District Medical & Public Health Officer

- Capacity building of Health Care Service Providers (Doctor, Nurses, Pharmacist and health workers) on diagnosis and management of heat related illness.
- Maintaining data base and surveillance on heat related morbidity and mortality.
- Provision for Health facility readiness to manage heat affected patients (beds, staff, inventories, ambulance etc.).
- Special attention towards high risk patients like geriatric/ pediatric/ pregnant women etc.
- Training of 108 workers and 'Mobile Health Units (MHU)' for management of heat related cases.
- Display Do's & Don'ts of Heat Waves on 'Swasthya Kantha' (Village Health Wall).
- Sensitize community on Heat Wave related issues at Kishori Swasthya Mela (Adolescent Health Meet) and Village Health Nutrition Day (VHND) and Routine Immunization (RI) sessions and distribution of IEC materials.
- Strengthen the control rooms for providing heat related information.
- Establishment of mobile base alert systems for ASHA/ ANM/ health workers for effective and immediate assessment of heat stroke cases.
- Development of a specific reporting form for heat related events including morbidity and mortality.
- Coordinate with private hospitals to collect heat related morbidity and mortality data.
- Provision for power back up during summer.
- Provision for funds for Heat Wave management.
- Provide annual mortality data from their vital statistics division to OSDMA.
- For the year 2023, IEC material must be circulated in print and electronic media with effect from 1st March for public awareness and precautionary measures.
- These awareness activities should not be confined to the summer season only. They have to be done throughout the year for adoption of good practices and to change the general mindset of the people towards heat.
- Take necessary steps for white painting of roof tops of all hospitals, Community Health Centers (CHCs), Public Health Centers (PHCs) and patient resting areas.
- Instructions to be issued from Health and Family Welfare Department to all health officials to share a copy of the post-mortem report of Heat Wave as well as other disaster related causalities with the Tahasildars to make the payment of ex-gratia smoothly.
- Take necessary steps to prevent diarrhea and other health hazards during

summer season

- Daily reporting of cases and deaths to be done through the prescribed format. A daily report should be collected from all health institutions by evening. It should be compiled and transmitted to the State health control room by Fax or E-mail by 12 noon of next day. This report must be transmitted by the State Control Room to the Revenue Control Room daily.

2. CDO-cum-EO, Zilla Parishad/ EE, RWS&S/ BDOs

- All Gram Panchayats/ Panchayat Samities/ Zilla Parishad must be instructed to open Jala Chhatras/ make arrangements for the supply of drinking water in earthen pots at weekly haats, Road crossings, Bus stops and other places of public gathering.
- Deployment of Additional Vehicle and manpower for repair/maintenance by Block Development Officers.
- Deployment of tanker for the supply of water in areas of water scarcity, and provisions of water kiosks, tube wells, tankers strategic locations by Block Development Officers in coordination with RWSS authorities.
- Restrict the working hours from 11-00 AM to 3-00 PM under MGNREGS.
- Supply of drinking water and shade nets at working sites and construction of ponds, artificial lakes for cooling the environment by evaporation.
- 100% checking of tube wells and PWSSs shall be conducted on a priority basis as a part of preventive maintenance by the Nodal Officer of the concerned G.P. with the assistance of the Mobile Team followed by a 10% check by the BDO.
- The routine preventive maintenance shall be done in a mission mode and it should be ensured that the Blocks shall procure adequate spare parts, paints, riser pipes etc. by utilizing the Finance Commission Grants taking into consideration the indents of the Gram Panchayat on the recommendation of JE, RWS&S-II.
- Nodal Officer (Extension Officer) of the concerned G.P. must review on the drinking water problem in the area on a daily basis and ensure that repair and maintenance of tube wells and PWSs are taken up on a priority basis. They are personally responsible for the availability of drinking water to people.
- Spare parts are to be procured at the Block level through the Purchase Committee inviting tenders as per norms of RWS&S/ OPWD/Odisha Panchayat Samiti Accounting Procedure Rules on the basis of the indent received from the GPs The Purchase Committee will consist of BDO as Chairman, Assistant Executive Engineer/ Jr. Engineer, RWS&S as a member and Accounts Officer as Member Convener. The spare parts so purchased shall be kept in the Stock of the Block Register and issued to the sites as per requirement and certificate gave by Junior Engineer-II, RWSS.
- A control room is to be made functional at each Block from 8-00 AM to 8-00 PM to register complaint on tube wells and PWSSs and the Complaint Register to be updated daily basis with remarks
- The water scarcity villages as per experience in the last summer shall be identified and preventive measures shall be taken at the time of necessity for the supply of drinking water through tankers/tractors loaded with water tanks etc.

- The water tanks purchased during the last summer by the Block or G.P. shall be numbered and utilized properly during the water scarcity period in such villages with branding “BASUDHA”.
- Any other critical issues regarding the supply of drinking water at the G.P. level shall be brought to the notice of the BDO and unresolved issues at the Block level shall be brought to the notice of the CDO-cum-EO, Zilla Parishad during summer.
- The GPs can take the assistance of Village Water and Sanitation Committee/ Women SHGs for ensuring proper drinking water supply to the habitations and also a collection of user fee from the household to whom the water connection is given.
- The Collector and CDO-cum-EO, Zilla Parishad shall review weekly progress of preventive maintenance work of tube wells and PWS so that this can be completed in a mission mode.
- All possible steps will be taken from villages to district level to meet the challenges of the Heat Wave conditions.
- All tube wells and PWC will be checked thoroughly and in case of water depletion rising pipes will be provided.
- VAT will be constructed near the tube wells platform for the Drinking purpose of cows.
- Every household should have a water pot in front of their home for birds, dogs and cats and water should be filled in every two days.

3. EE, PHED/ EO, ULBs

- Regular and adequate drinking water supply should be ensured by the PHED/ULB to all the urban areas. For this, water supply pipe lines should be kept in good condition and any leakage or break down should be repaired within 24 hours on war footing.
- For emergency measures to ensure drinking water supply, water tankers should be deployed in different scarcity pockets to provide drinking water. Additional number of tankers, if required, may be arranged on hiring basis.
- Control Rooms are to be opened as usual and responsible officials should manage and attend to the complaints received on water scarcity.
- The ULBs should start opening more no. of water kiosks- ‘PANIYA JAL BITARAN KENDRAS’ i.e. drinking water distribution centers at strategic places i.e. on road sides, cross roads, public offices, bus stand, railway station, market places etc. keeping in view the sanitation and hygiene of water distribution points. Support of NGOs may be taken for this purpose, if necessary.
- All the Tube Wells/ Hand Pumps must be kept in running condition and spare parts should be kept ready for repairing of Hand Pumps/Tube Wells immediately in case of any complaint.
- Banning of burning of municipal solid waste, garden/tree residual should be ensured.
- To handle the emergency situation arising out of excessive Heat Wave, Health

Care centers and hospitals under ULBs should be kept ready.

- Adequate awareness may be created among the urban inhabitants to keep one pot of water in front of households for stray birds and animals. The water must be changed on alternate days for better hygienic purposes.
- City-Afforestation/ Adequate sustainable avenue plantations/ plantations on vacant places like educational institutions, parks, official complexes need to be taken up by the Development Authorities/ Regional Improvement Trusts/ Urban Local Bodies.
- Road side dust of urban areas is a major cause for temperature rise and excessive heat and almost all the urban areas are now suffering from the hazards of dust particles. Necessary precautions must be taken to check and arrest the flying dust.
- All the Environmental Acts/ Rules, NGT Guidelines concerning improvement of urban area environment must be followed strictly and authorities concerned like Police, Forest, OPCB etc. handling their respective portion of jobs may be requested accordingly.
- All the water bodies in and around urban areas should be renovated, restored and repaired and these should be made free from pollution to make them usable and increase access to general public.
- Urban Local Bodies/Development Authorities are also required to Display Heat Wave alerts and precautionary measures at strategic points.
- Provide shelter and shades in open and high congregation places.
- Open public parks during peak hours to provide cool resting spaces for the public.
- Water supply to slums through tankers, if required.
- Public announcements through public address system as per requirement.
- Make provisions for water sprinkling to settle down the suspended particles on roads.
- Implement building code that entail passive cooling practices such as increased reflectivity of building roofs, Green roofs, increased natural ventilation and rain water harvesting. Incentive mechanism (i.e. reduced taxes) can be used to accelerate green infrastructure development.
- Increase access to public parks, water bodies, public libraries for general public and create small, accessible green spaces by using vacant spaces such as side lots, parking medians, spaces between buildings and roads.
- Promote green energy technology, energy efficient building promotion, restricted use of heat producing equipments and increase use of renewable energy.
- Treated water coming out from the FSTPs and STPs may be reused for sprinkling of water on the road to keep the dust particles settled and the environment cool.

4. District Labour Officer

- All the executive agencies of different Departments of State Government as well as those of Government of India and private employers would be advised

to reschedule working hours so that no work is executed during the peak heat hours from 11.00 AM to 3.30 PM from 1st April, 2023 to 15th June 2023.

- Rescheduling of work in progress would be made as far as is practical, so that the works are done during morning and late afternoon hours without hampering the quantum of production or work done and without reduction of wages. Such arrangements may be made keeping in view the local requirements and weather conditions.
- Where the nature of work is such that, the rescheduling of working hours is not possible or where the work is of emergent nature or connected with maintenance of essential services, the concerned employers, contractors and executants should be asked to ensure all appropriate precautionary measures such as provision of ORS packets and rest sheds for workers at worksite.
- The CDM&PHO, SDMO, Medical Officers of the PHCs/ CHCs and dispensaries should be sensitized and kept alert during the Heat Wave conditions. The ESI dispensaries, which are meant to cater to the health needs of workers/ labourers have a special role to play. They should remain alert and ready to treat the patients suffering from heatstroke and other similar problems.
- The Project Directors of all NCLPs should be instructed to reschedule the school timing for all Special Schools run under NCLP in accordance with the timings prescribed by the Government in School & Mass Education Department.
- Awareness programmes will be conducted in all industrial units and construction projects etc. to sensitize the labourers and workers on risks, signs and symptoms of heat stress.

5. District Education Officer

- Student should be advised to wear clean uniform and footwear.
- Schools with electricity shall be advised to ensure functional head fans and schools without electricity shall be advised to ensure availability of hand fans.
- Safe Drinking Water facilities shall be made available at school campuses.
- Adequate ventilation shall be ensured in classrooms.
- Physical Training/ exercise sessions as school periods may be restricted during summer season to avoid any inconvenience.
- Students shall be advised to come to school with umbrellas and water bottles.
- All teachers shall be instructed to sensitize children on Prevention measures in case of occurrence of Heat Wave.
- All schools shall be equipped with First Aid Boxes.
- All the transport services to schools should have cold water, ice box and First Aid box.
- Timing of all classes shall be re-fixed/ rescheduled as per the Heat Wave alert (preferably morning time 6.30 AM to 10.30 AM). This process shall be adopted for management of all schools.
- School Examination/ Assessment shall be scheduled in the morning hours.
- All school teachers, SMCs, students and parents should follow guidelines of govt. from time to time.

- Capacity building of teachers, Headmasters, education administration and SMC members should be made on the different precautionary measures.
- Local Health Centers may be contacted immediately in case of any health hazard or health emergency.

6. Regional Transport Officer

- Timing of public transport services will be rescheduled so that plying of buses during peak Heat Wave hours i.e. between 11.00 AM to 3.00 PM is restricted.
- Provisions for safe drinking water ice pack, ORS in buses and provision of cool resting spaces at bus stops.
- Over-crowding of passengers in the public transport vehicles must be avoided.
- Jalachhatras to be opened at bus stands and bus stops for the passengers.
- Temporary Passenger sheds are to be erected near the bus stops with provisions of drinking water.
- Provision of water kiosk on highways.
- Proper checking will have to be made by the enforcement wing of this Department and penalty be imposed against the earning transporters/ operators
- The control rooms at district level should function around the clock during the period of Heat Wave
- The bus/truck associations of the district and the local NGOs should suitably be instructed to involve themselves in public awareness campaigns on Heat Wave.
- Regular meetings must be held to sort out different issues.

7. EEs, TPSODL

- Supply will not be affected during Summer-2023 except in any emergency situation such as under frequency, tripping of power transformers, feeder faults, planned shutdown for execution of Govt. work with prior announcement etc.
- TPSODL will abide with the guidance issued to it by SLDC from time to time.
- In case of any emergency maintenance work, the same will be done only during Morning hours when the effect of heat is less.
- In case of power interruption, the same will be intimated to the public through Urja Mitra Scheme and also will be intimated via electronic media such as TV scrolling, twitter and public announcements etc.
- Lift irrigation points that are inoperative will be provided with power supply.
- TPSODL has taken steps for the operation of Control rooms at Division level, Circle level and Corporate level through PSCC (Power System Control Centre).
- District Headquarter Hospitals are being provided with uninterrupted power supply through dedicated feeders.
- All PHD and RD water supply points will be ensured steady power supply.
- Early replacement of failed PTRs/DTRs will be taken up. Outage, if required for rectification of faults or any urgent reason, will be done for the minimum possible time.
- All the contractors/ agencies working under TPSODL have been geared up to

meet any exigency such as repair, maintenance work etc.

- Preventive maintenance works have been planned during March to April to rectify jumpers, tilted poles, low ground sagging and tree branch cutting with respect to all 33KV and 11KV feeders.

8. EE, RDs

- District level Nodal Officers would be identified for the Heat Wave management.
- Orientation programme for all the field staffs by the Nodal Officers would be conducted.
- Building public awareness and increasing community outreach to communicate the risks of Heat Waves and implement practices to prevent heat related death and illness must be done.
- Supply of Cold Water, ORS, emergency medicines & construction of cooling spaces like shades during extreme heat periods must be ensured at work sites by the agency.
- Outdoor work site from 11-00 AM to 3-00 PM would be restricted.
- Issue instruction for workers to keep their body covered with long sleeved shirts, caps & clothes for protection of ears and necks.
- Instruction management of the construction sites to provide transportation facility for shifting labours to health facility centre, in case of an emergency.
- Instruction management of the construction sites to display contact details of nearest health centre.
- Schedule strenuous jobs to cooler times of the day.
- Increase the frequency and length of rest breaks for outdoor activity.

9. District Information & Public Relations Officer

- DIPRO/SDIPROs would be instructed to be vigilant for prompt dissemination of any message alerts at the District/Sub-Division level relating to Heat Wave publicity campaigns etc. They must also be ready for release of any emergency messages and disseminate information through social media updates.
- Round the clock Control Room will be opened and will operate under the supervision of the concerned District Collector/Sub Collector.
- Publicity campaign and stepping up of IEC activities through public announcements, news releases, advertisements in print media, Leaflets and pamphlets, hoardings, radio jingles, TV slots, social media uploads i.e. facebook, twitter, You Tube etc. to sensitize public and create mass awareness in a mission mode is to be done under the direction of the District Administration.
- The Information Officers of Groups of Departments will be in constant touch with the respective departments for quick sharing of information regarding the decision taken at the higher level with the approval of the concerned department.

- Media briefings on updated information as and when necessary must be shared under the supervision of higher authorities at Sub-Division/ District level.

10. Chief District Veterinary Officer

- In each district as well as Sub-division level, a Control Room for Heat Wave should be opened with adequate staff to attend any eventualities arising due to Heat Wave.
- The livestock holders need to be educated regarding the management practices to be followed while rearing of animals and birds during scorching heat of Summer.
- Leaflets, Pamphlets and hand-outs will be circulated for wide publicity among the farmers and field functionaries.
- Livestock and poultry are prone to heat stress due to herd system of management resulting in Summer diarrhea, dehydration and subsequent shock. Hence, they are to be treated immediately with fluid therapy and essential life-saving drugs.
- There is also a need for supplementary post Heat Wave treatment to the affected animals and birds for which the veterinary Institutions (VDs & LACs) are to be equipped with sufficient stock of medicines.
- General Public would be advised to keep wide-mouthed water pots outside their houses for animals and birds.
- Temporary shallow water vats will be constructed for stray animals in strategic locations and in cattle markets through PR&DW Department. Accordingly, the detailed list with locations will be given to the CDO-cum-EO, Zilla Parishad.
- The tube wells and animal vats should be constructed/ repaired in Veterinary Hospitals, Dispensaries and Livestock Aid Centers through PR&DW Department.
- The Mobile Veterinary Units in each block shall be utilized for monitoring the Heat Wave situation and for providing emergency veterinary service care.
- The farmers would be educated regarding the management of heat stress in animals and birds either during village meetings/trainings on Animal Husbandry activities or through different media.

The successful management of heat stress includes the following:

- In order to treat or provide necessary first-aids to heat affected animals, all the Veterinary Dispensaries/ Livestock Aid Centers need to be properly assessed with regard to availability of cold drinking water, stock of essential medicines and technical personnel.
- All subordinate Staff/Officers are to be instructed to render selfless services to the affected livestock and poultry population in face of possible Heat Wave situations. Steps may be taken to open the field institutions beyond the prefixed schedule in case of necessity to cater the need of farmers.
- The NGO/ CBOs of the district may be requested to extend hands of co-operation to mitigate the sufferings of animals due to heat. Temporary arrangements for drinking water may be made with the help of District

Administration, line Departments and voluntary organizations to overcome heat stress of susceptible animals.

- Care of affected animals should be taken immediately.

11. Chief District Agriculture Officer

- Popularizing crops needing less water like Maize, Ragi, Pulses etc and short duration varieties of crops.
- Improving Water Use Efficiency by advocating use of Micro Irrigation (Drip, Sprinkler irrigation)
- Popularizing PUSA Hydrogel especially in crops like Mung, Biri to retain the soil moisture by preventing evaporation from soil and releasing water in slow phases based on the need of the crop.
- Promoting adoption of Mulching technique for soil moisture conservation.
- The water holding capacity would be improved by applying coir pith before sowing.
- Irrigate the crops in critical stages of crop growth period.
- Repairing of bunds and closing of holes to stop water loss.
- Timely weeding, inter-cultural operation and application of herbicides.
- Spraying of need based pesticides during morning or afternoon hours.
- Taking appropriate control measures for incidence of Stem borer in Paddy, Thrips infestation in Pulses, Groundnut and Sun flower.
- Risk Coverage under crop insurance scheme for mid-season adversity, localized calamity & post-harvest loss.
- Creation of awareness to farming community on effects of Heat Waves.
- Provision of Drinking water supply, first-aid facility and temporary shed in the work site would be ensured.
- The labourers would be engaged up to 11-00 PM and there will be interval from 11-00 AM to 3-00 PM
- Morning office for the districts officials would be held from April, as per the decision of Govt.

12. District Fisheries Officer

- During the excavation/ renovation of MPY, PMMSY or Departmental farms, labourers should not be engaged from 11-00 AM to 3-00 PM. The Fishers must not go out during noon other than for exigency works.
- On the work site, temporary shed and drinking water facilities should be ensured by the beneficiaries.
- All field level officers AFO/ SFTA/ JFTAs should sensitize the Fishers about it.
- When temperature rises, dissolve oxygen decreases in the pond, pH level also decrease and fish start to get sluggish. Water tank level should be to minimum 1.0-1.5 mt. depth. The dissolved oxygen levels can be maintained by using aerators.
- Farmers must be sensitized on extreme heat in aquaculture practices through adequate awareness programs.

13. Dy. Director, Factories & Boilers

- Avoid work time between 11-00 AM to 3-00 PM for workers, particularly for outdoor activities.
- Special provisions for health facility for heat stroke patients in the hospitals of respective industries
- Provision for safe drinking water, ice pack, ORS water facility to be ensured at the industry/mining site.
- Provisions for water sprinkling to be made to settle down the suspended dust particles.
- Spreading awareness among employees/workers regarding the Heat Wave.

14. District Mining Officer

- The working hours for workers engaged in outdoor activities for carrying out geological investigation have been rescheduled from 6.00 AM to 11.00 AM and from 3.00 PM to 6.00 PM.
- The exploration in-charge of every geological exploration unit has been advised to create temporary rest shades for their workers.
- Provision for sufficient cool drinking water, ORS, lemon water, butter milk will be made available in the exploration units.
- Awareness on Do's and Don'ts including their display will be made at different conspicuous places for workers and employees.
- Ambulances with AC facility have been made available for emergency services at working sites.
- Fire extinguishing equipment would be kept ready for emergency situations at different sites.
- First Aid Kits should be ensured in all working sites.

15. Divisional Forest Officer

- Ensure proper afforestation (greenery) under public place.
- Continuous watch in the forest area to avoid forest fires.
- Directive for making water available for animals in reserved/ protected forests and make necessary provisions, where necessary.
- Issue directives to the Zoo Authorities for special arrangements for the animals in zoo to protect them from the effect of Heat Wave.
- Directive for provision of water to human habitations facing water scarcity inside reserved forests
- Provision of funds for Heat Wave management.
- Prior to the hot weather season, village level meetings should be conducted through NGOs who can make them aware regarding extinguish or not setting forest fire.
- Monitoring, prevention and management of Forest Fire should be made during summer season.

16. District Tourist Officer

- Mapping of high-risk zones and conducting workshops for the District Tourist Office staff covering the high-risk zones, including the use of SATARK platform for enabling greater responsiveness.
- Advisories on Do's & Don'ts and special provisions will be compiled for and disseminated to: Tourists- Digitally on Website, Social Media and physically at all Tourist Centers, Hotels, other hospitality accommodations, eateries and their employees, etc.
- In coordination with Health Department and district administration will review the responsiveness of links between tourist centers and nearest clinical care establishments (hospitals, clinics, etc.).
- Dept. of Tourism & OTDC will encourage employees to exercise adequate precaution and positive habits by provisioning caps and water bottles.
- Dept. of Tourism will work with concerned authorities and departments to alter employee shift schedules to reduce heat exposure risks.
- Ensure proper registration of tourists who are visiting the District.
- Ensure availability of heat relief measures at tourist places.
- Display of Heat Wave precautionary measures for tourists during summer at tourist points and related information in website of department of tourism.
- Ensure the availability of drinking water and cool resting sheds.
- Restrict the timing of the visit of tourist places during peak summer days.

Long Term Measures:

- Display of Heat Wave precautionary measures for tourists during summer at tourist points and related information in website of department of tourism.
- Ensure the availability of drinking water and cool resting sheds.
- Restrict the timing of the visit of tourist places during peak summer days.

17. EE, MI & Irrigation Divisions

Short Term Measures:

- Sufficient storage of water at reservoir to meet the Heat Wave.
- Release and storage of water in all the canals during summer.
- Release of canal water to the affected areas for public use, to increase the underground water level, reduce the atmospheric temperature and also improve the green areas.
- Canal water to be fed to nearby ponds, tanks, low lands for secondary storage of water during summer.
- The working hours for daily labourers to be re-scheduled i.e. from 6-00 AM to 11-00 AM and 3-30 PM to 6-00 PM Orders/ instruction to be given to make provision of drinking water and rest shade at the work sites.
- Construction of small temporary earthen check dams at Rivers/ streams to instantly store surface water for cooling the environment by evaporation.
- Regularly evaluate the availability of water in Reservoirs, rivers, ponds and

- lakes.
- Promote rotation of canal water supply.
- Create awareness among the community about Heat Wave through Water Users Associations (WUA)/ Pani Panchayat.

Long Term Measures:

- Construction of check dams at small streams for in-stream storage and greater recharge.
- Periodically evaluate the availability of water in Reservoirs, rivers, ponds and lakes.
- Conservation of rain & stream water.
- Create awareness among the people on Water conservation and effective use.
- Steps have been initiated for Plantation at road side, Dam site, Office & Colony Campus, Canal & Flood Embankment etc.

18. District Social Security Officer

- Rescheduling the time of pension disbursement i.e. from morning 7-30 AM to 10-30 AM.
- Ensure availability of drinking water, ORS packets etc. and shed at the site of pension disbursement.
- Ensure precautionary measures for field staff of SSEPD Department i.e. carrying drinking water, ORS packets and umbrella or use cap or while stepping outside on duty.
- Restrict visit of Senior Citizens and PwDs to outside during the peak hours especially from 11-00 AM to 3-00 PM during summers.
- Ensure availability of drinking water, ORS packets etc. in the Office of DSSO and other Field Offices under SSEPD Department.
- Ensure availability of drinking water, ORS Packets and medicines of emergency nature in the Residential Schools and Old Age Homes under SSEPD Department.
- To keep the mobile number of BSSOs/SSSOs and emergency numbers in the Residential Schools, OAHs for immediate contact in case of any emergency.
- Weekly visit by Field Officers of SSEPD Department to OAHs and Residential Schools under SSEPD Department.

19. PA, ITDAs & DWO

- PA, ITDAs and DWO should ensure adequate and safe drinking water in all these residential schools and hostels.
- All toilets and bathrooms should have piped water supply provisions.
- Sufficient packs of ORS, ice packs and other first aid kits in schools/ hostels to manage Heat Wave related illness, should be stacked in the residential schools.
- All HMs, teachers, ANMs, Matrons, CCAs/LCCAs and Students should be briefed and trained on Heat Wave Management. They shall ensure that all necessary precautions are taken up in these schools and hostels.

- Awareness generation among students should be conducted by teachers through IEC materials, displays and activities. DWOs to plan with prior consultation with CDMO and concerned Health Officers
- Awareness generation among students should be conducted by teachers through IEC materials, displays and activities. DWO to plan with prior consultation with CDMO and concerned Health Officers.
- If any student boarder has any sign and symptoms of sunstroke, instant first aid shall be provided and he/she should be hospitalized immediately.
- Daily monitoring should be ensured and DWO should submit the daily Disease Surveillance Report to Department's Control Room.
- All PA ITDAs and DWO shall review the school-wise Heat Wave preparedness with the respective HMs time to time and inform the Department's Control Room in regular basis.

20. DSWO

- Non-functional tube wells, if any, at AWCs immediately be repaired by coordinating with concerned BDOs.
- Provision for sufficient safe drinking water be made in all AWCs and Mini-AWCs. Parents may be advised to ensure that children use umbrellas and carry water bottles on opening of the AWCs.
- Adequate public awareness be created in the community with special focus on children and pregnant and nursing women to take measures for protection from dehydration.
- IEC materials displayed at Anganwadi Centres and ICDS functionaries sensitized to disseminate Heat Wave related information.
- Village Health Sanitation Nutrition Day (VHSND) and Routine Immunization (RI) session platforms be used to educate the children, adolescent girls, mothers and guardians on Heat Wave related hazards and precautionary measures to mitigate/prevent the same.
- ORS packets be kept at all AWCs and AWWs sensitized to use them as and when required. AWW/AWHs to also be suitably sensitized about Heat Wave related hazards & precautionary measures to mitigate/prevent the same.
- Ensure that all Swadhar Homes/ Ujjawala Homes and all CClIs have adequate safe drinking water which are suitable to meet the Heat Wave conditions.
- Further, on opening of AWCs throughout the District (likely to be opened shortly), the Pre-School activities in all AWCs and Mini-AWCs be conducted from 7-30 AM to 9-30 AM. Hot cooked Meals under Supplementary Nutrition Programme (SNP) be served at 9-00 AM and Home visits be completed by 10-00 AM. This schedule is continuing till end of the Heat Wave condition. However, these are subjected to specific instruction at the time of opening of AWCs.

21. EE, R&Bs

- Adequate provision of rest shed at work site or near camp office site.
- Sufficient ventilation, windows and fans at rest shed.

- Provision of ORS and portable drinking water should be there at work sites and camp sites.
- Workers must wear proper summer clothing, protective hats, sun glasses etc.
- Maintaining of work break cycle and no work during prohibited hours.
- During working, the Agencies shall be instructed to ensure following at work sites for occupational health safety measures of construction workers:
- During periods of elevated temperature, employees should wear light-colored,
- Lightweight, loose-fitting cotton clothing that allows ventilation of air to the body.
- Protection from the sun by wearing a wide-brimmed hat/ cotton towels in lieu of hat and/ or sunglasses and sunscreen, if available, to prevent glaring heat and solar radiations.
- Provision of portable cool water, ORS and encourage employees to take breaks and hydrate any time they feel necessary.
- Pacing the job to allow more frequent breaks for fluid intake and sufficient recovery time.
- Work breaks must be taken in a shaded area which has sufficient windows and ventilation or an air-conditioned building.
- The contractors will be asked to remain alert to move the- Heat Wave affected persons having HRI symptoms working at site to the nearest PHC/ CHC or Hospital without delay.
- Opening of windows and adding fans to increase air movement in order to provide air cooling and ventilation of heat.
- Shielding radiant heat sources or exhaust at the point of heat generation.
- Providing shaded areas during remote outdoor work (i.e. constructing temporary shelters using tarps) tractors, lawnmowers and other outdoor equipment.



Standard Operating Procedures (SoPs) for District Level Officials for management of Heat Wave Conditions

- 1. Collector/ ADM/ CDO-cum-EO, Zilla Parishad**
 - i. Updating the Heat Action Plan for the District in the month of January.
 - ii. Action plan for mitigating water scarcity problems in different towns and villages to be prepared in the January.
 - iii. Water scarcity areas to be identified in advance and supply of drinking water and for other uses through tanker to those areas to be ensured.
 - iv. Prepare list of water tankers and earmark them to water scarce area wise.
 - v. Preventive maintenance of tube wells has to be ensured.
 - vi. Suitable arrangements also to be made to promptly respond to reports of water scarcity anywhere in the district.
 - vii. Ensuring Public Awareness campaign through electronic and print media on heat wave precautionary measures (Dos and Don'ts) from February onwards.
 - viii. Involve Civil Society Organization and Panchayati Raj Institutions (PRI) members in awareness campaign and other measures to tackle the situation arising out of Heat Wave.
 - ix. Identification and trace out of the high-risk vulnerable pockets of district prior to the heat wave.
 - x. Issue directions to line departments officials for taking measures to tackle heat wave situations in the month of February.
 - xi. Issue direction to BDOs to convene meeting of PRI representatives-in the month of February.
 - xii. Issue direction to ULBs/GPs for opening of “Jal Seva Kendra” (Water Kiosk) at market places, bus stands and other congregation points. Ensuring sanitation and hygiene of water distribution points.
 - xiii. Convene meeting of the Civil Society Organization to seek their assistance in Heat Wave mitigation activities including opening of “Paniya Jal Seva Kendra”.
 - xiv. Issue direction to CDVO/BDOs for construction/repair of vats for ensuring drinking water for roaming livestock.
 - xv. Issue instructions to BDOs, District Education Officer, District Social Welfare Officer and District Child Protection Officer for making drinking water arrangements in all schools.
 - xvi. Principals of all Government and Private colleges are to be instructed to make drinking water arrangements in their institutions.
 - xvii. Instruct and direct the leading PSUs & Industries of the district to supply potable water in the water scarcity villages of their periphery under CSR initiatives.
 - xviii. Ensuring functioning of control room at District office, DHH, Block /Tehsil, CHC/PHC round the clock.

- xv. Rescheduling of timing of classes and examination in schools and colleges during summer as per the directions given by SRC/School & Mass Education Department.
- xvi. DSWO/CDPO/Dist. Child Protection Officer are to be instructed to facilitate availability of drinking water and health needs in all Child Care Institutions (CCIs) in the district.
- xvii. District Labour Officer (DLO), PD, DRDA, the Executive Engineer, Rural Works, the E.E. R&B to ensure rescheduling of the timing of working hours and make necessary arrangements for supply of drinking water, ORS packets and provision of rest shed at worksites as per directions of SRC/ Labour and ESI department.
- xviii. Ensuring restriction of working hours in works under MGNREGA and other schemes.
- xix. Give instructions to the Regional Transport Officer (RTO) to ensure availability of water and ORS packets in public transport vehicles. Timing of public transport services and plying of buses to be rescheduled as per directions of SRC/ C&T (Transport) Department.
- xx. To issue instruction to the Electricity Distribution Company to ensure uninterrupted power supply during heat wave period. Uninterrupted power supply to be maintained for critical facilities such as hospitals, urban health centres and water supply facilities.
- xxi. If any information on casualty is received or report published in newspaper, it should be immediately enquired jointly by the medical and revenue officers.
- xxii. Prompt steps are to be taken for payment of ex-gratia to the bereaved family where, upon enquiry, the death is confirmed to be due to sunstroke.
- xxvi. Instruct the departments like CDM&PHO/ CDVO/ Executive Engineer, TPSODL/ General Manager, WATCO and other related departments to submit the Heat Wave management action plan in the month of February.

2. Chief District Medical & Public Health Officer (CDM & PHO)

- i. Facilitate training programs for the CHC staffs, ANM, ASHA workers on treatment of patients affected with heat/sun stroke.
- ii. IEC activities and Public Awareness in the districts relating to Heat Wave conditions/ advisories to be done from the month of February onwards.
- iii. Check hospital readiness prior to the heat wave seasons start in the district from CHC level to DHH.
- iv. Take necessary steps for albedo/white painting of roof tops of hospitals, Community Health Centres (CHCs), Public Health Centres (PHCs) and patients resting areas in coordination with the concerned engineering Departments.
- v. Sufficient Storage of life savings medicines, ORS in dispensaries, PHCs, CHCs and District Head Quarter Hospitals to meet any crisis. ORS to be available with ASHA and AWWs.
- vi. Arrangement of separate wards and beds and cool rooms for treatment of heat stroke patients in different hospitals.

- vii. Ensure 24x7 ambulance services 108 for the treatment of heat wave & heat stroke patients with reaching at the patients with shortest time for that to find out alternative routes in an advance.
- viii. Continuous monitoring and preventive measures against diarrhoea and other health hazards during summer season.
- ix. Daily reporting of cases and deaths to H&FW Department, SRC and Collector
- x. Copy of the post-mortem report of heat wave casualties to be shared with the Tahasildars to make the process of ex-gratia payment fast and smooth.

3. Executive Officers -Municipalities/ NAC/ Development Authorities

- i. Preventive maintenance of tube wells/pipe water supply-arrangements for distribution of water through water tankers in the water scarce areas.
- ii. Awareness generation on Heat Wave Do's and Don'ts with Special attention to slums areas.
- iii. Opening of "*Paniya Jal Seva Kendra*" (Water Kiosk) at market places, bus stands, slums, vending zones and other congregation points-Ensuring sanitation and hygiene of water distribution points.
- iv. Identification of suitable resting places for street vendors during summer.
- v. Increasing access to public parks, public libraries for providing cool resting places for the public.
- vi. Regular sprinkling of water on roads.
- vii. Promote cool roof initiatives (albedo painting of roofs).
- viii. Encourage use of K-glass, doubly gazed glass in buildings and vehicles.
- ix. Setup the electronic display boards in the prominent places to broadcast the temperate and heat wave related information.
- x. Engage the leading CSO/ NGO in creation of the public awareness & street play on heat wave warning the urban areas.
- xi. Suspend non-essential supply of water (other than cooling and drinking) in the city by taking permission of the collector & DM of the district.

4. District Labour and Employment Officer (DLO)

- i. Monitoring and enforcement of rescheduling of working hours as per the instructions of SRC/ L&ESI Department.
- iii. Monitoring provision of sufficient drinking water, ORS packets and first-aid, rest sheds at worksites.
- iv. Instruct the Project Directors of all National Child Labours Projects (NCLPs) to reschedule the school timing for special schools running under NCLP in accordance with the timings prescribed by SRC/ School and Mass Education Department.
- v. To ensure creation of awareness among the labourers and workers on risks, signs and symptoms of heat stress during probable heat wave likesituations, preventive and precautionary measures including that through constructions agencies/contractors.

- vi. Ensure the supervision of construction sites, quarries, factories and other vulnerable worksites, particularly during high temperature periods, to enforce labour laws related to heat safety.

5. District Education Officer (DEO)

- i. Monitoring and enforcement of school timings and other restrictions.
- ii. Promoting IEC activities on Heat Wave prevention and management in schools
- iii. Ensuring training of the teachers and conduct of mock drills among students on health risks and management during heat waves through workshops, orientation programmes, special classes, etc.
- iv. Ensuring provision of safe drinking water, ice packs, ORS, etc. in schools and examination centres.
- v. Encourage concerned authorities/schools for Albedo paintings on roofs of schools.
- vi. Encourage students to bring their own water bottle while coming to School.

6. Executive Engineer-Electrical (TPSODL)

- i. Identify overload energy points/transformers and take precautionary measures for uninterrupted power supply.
- ii. Ensuring uninterrupted power supply for critical facilities such as hospitals, urban health centres and drinking water supply facilities.
- iii. Keep energy gangs, equipment, spares ready at strategic locations for earliest restoration of power supply in case of outages.
- iv. Setting up timing for power shedding, if absolutely required, and ensuring announcement of power shedding sufficiently in advance.
- v. Record and monitor the peak load of primary substations/feeders regularly, so as to avoid breakdown due to failure of power transformers/ overloading and consequent snapping of conductors in co-ordination with competent authorities.
- vi. Instruct all Junior Engineers (JEs)/Sub-Division Officers (SDOs) to monitor and record peak load status of the Distribution Transformers (DTs) (250KVA & both), so as to avoid burning of DTs due to over loading and consequent power outages there to.
- vii. keeping the stock of transformers in different strategic places to meet the urgent need.

7. Regional Transport Officer (RTO)

- i. Taking initiatives on creating awareness among drivers and helpers of vehicles on Heat Wave.
- ii. Encourage the Bus/Truck owner's association of the district and the local NGOs to involve themselves in public awareness campaign on Heat Wave.

- iii. Ensuring functioning of Control room at RTO office round the clock during Heat Wave period.
- iv. Issue instructions for restriction of Bus plying times during peak hours and rescheduling of timing of the public transport as decided by SRC/ C&T (Transport) department.
- v. Enforce and monitor provision of safe drinking water, ice packs, ORS packets in buses and cool resting places at bus stops.
- vi. Facilitate setting up of **“Paniya Jala Seva Kendra”**(water kiosk) at bus stops and bus stands.
- vii. Conducting regular meetings with stakeholders for sorting out issues pertaining to Heat Wave conditions.
- viii. Ensuring all the buses plying in his/her jurisdiction must have affixed with the awareness material pertaining to heat wave.

8. Executive Engineers-Water Resources

- i. Prepare an action plan for storage of water in the reservoirs to meet the water requirement of drinking water supply facilities and irrigation.
- ii. Monitoring release of water in canals for public use, to increase the underground water level and to reduce the atmospheric temperature during summer.

9. District Mining Officer (DMO)

- i. Issuing directives for heat wave prevention and management in industries and mines.
- ii. Give instructions for and facilitate water sprinkling in mines and other areas to settle down the suspended particulate matter (SPM).

10. District Tourist Officer (DTO)

- i. Issue instructions and monitor registration of tourists visiting the district.
- ii. Disseminate safety tips (Do’s and Don’ts) on Heat Wave at tourist points during summer.
- iii. Ensure availability of water and rest sheds at tourist places
- iv. Rescheduling of visiting hours at tourist places to avoid heat stress to the visitors.

11. District Social Welfare Officer (DSWO)

- i. Use the Village Health Nutrition Day (VHND) for creating awareness and educate young girls and mothers regarding the dangers of Heat Wave, its related health impact and precautionary measures to be taken.
- ii. Ensure display of IEC materials at Anganwadi Centres.

- iii. Encourage Anganwadi workers to create awareness on Heat Wave with special focus on infants, children below five years, pregnant women, lactating mothers and geriatric population to protect them from dehydration.
- iv. Ensure provision of drinking water and first aid at all the Anganwadi Centres, old age homes and Child Care Institutions (CCIs).
- v. Sufficient ORS to be kept in Anganwadi Centres and with AWWs.

12. Divisional Forest Officer (DFO)

- i. Identify water scarce locations in forest and prepare a plan of action for ensuring availability of water for animals and human habitation facing water scarcity inside reserved/protected forest.
- ii. Keeping continuous watch in the forest areas to avoid forest fire.
- iii. Issue instruction and ensure arrangements for protection of the zoo animals from heat wave.
- iv. Give instructions for conducting village meetings through NGOs prior to the hot weather seasons for making the villages aware for not setting forest fire.
- v. Ensure proper afforestation (greenery) in public places.
- vi. Formation a Fire Surveillance team to watch & ward in the forest fire.
- vii. Identification and basic orientation training to the local volunteers on controlling forest fire.

13. Project Administrator, Integrated Tribal Development Agencies

- i. Generate awareness through IEC activities on Heat Wave prevention and management in tribal schools.
- ii. Ensure availability of safe drinking water, ORS packets, Ice packs and other required first aid materials in tribal schools.
- iii. Monitor and enforce school and examination timing as directed by SRC/SC&ST Department.
- iv. Encourage concerned authorities/schools for albedo paintings on roofs of schools and hostel buildings.

14. Chief District Veterinary Officer (CDVO)

- i. Issue advisory on animal care during heat wave by making provisions for drinking water for animals and birds with timely replacement at sheds
- ii. Generate awareness among animal owners for feeding the animals in early morning or during evening hours to avoid heat stress.
- iii. Issue advisory for farmers for not leaving their animals outside the shed during peak hours of heat.
- iv. Encourage the owners of livestock and poultry farms to plant bushy trees near the sheds.
- v. Advisory to be issued for mixing electrolytes in drinking water of animals and birds to avoid dehydration.

- vi. Issue instructions to the concerned authorities not to vaccinate or deworm the animals and birds during heat hours of the day to avoid any extra stress
- vii. Issue advisory to the farmers for restraining the animals from hard work in open areas during heat hour of the day.
- viii. Mobile Veterinary Units must be kept in readiness to attend the emergency cases.





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- ✓ ଖରାରେ କଠିନ ପରିଶ୍ରମ କରନ୍ତୁ ନାହିଁ ।
- ✓ ଜରୁରୀ କାମରେ ବାହାରକୁ ଯିବାକୁ ହେଲେ ମୁଣ୍ଡରେ ଓଦା ଗାମୁଛା, ଛତା, ଚପଲ ଏବଂ କଳା ଚଷମା ବ୍ୟବହାର କରନ୍ତୁ ।
- ✓ ବାହାରକୁ ଯିବା ସମୟରେ ପାଣି ବୋତଲ ସାଙ୍ଗରେ ନିଅନ୍ତୁ ।
- ✓ ଜଳ ଶୁଷ୍କତାରୁ ରକ୍ଷା ପାଇବା ପାଇଁ ଅଧିକ ପାଣି, ଓ.ଆର୍.ଏସ୍ ଦ୍ରବଣ, ପଣା, ଚୋରାଣି, ଘୋଳଦହି ଓ ଆଖୁରସ ପିଅନ୍ତୁ । କାକୁଡ଼ି, ଚରଭୁଜ ଆଦି ଖାଆନ୍ତୁ ।
- ✓ ମାଦକ ଦ୍ରବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।
- ✓ ହାଲୁକା ଏବଂ ଢିଲା ପୋଷାକ ପରିଧାନ କରନ୍ତୁ ।
- ✓ ଅଶୁଦ୍ଧାତରେ ଆକ୍ରାନ୍ତ ବ୍ୟକ୍ତିଙ୍କୁ ପଥାଶାୟୀ ଚିକିତ୍ସାଗାର ନେଇ ଚିକିତ୍ସା କରାନ୍ତୁ ।
- ✓ ଗୃହପାଳିତ ପଶୁପକ୍ଷୀମାନଙ୍କୁ ଛାଇରେ ରଖନ୍ତୁ ଏବଂ ପ୍ରଚୁର ପରିମାଣରେ ପାଣି ପିଇବାକୁ ଦିଅନ୍ତୁ ।



ପାଣି



ଚରଭୁଜ
କାକୁଡ଼ି



ଓ.ଆର୍.ଏସ୍



ଚୋରାଣି



ହାଲୁକା ପୋଷାକ



ଚଷମା, ଚପଲ, ଛତା

ଘରୋଇ ଓ ସର୍ବଜନ ସୁରକ୍ଷା

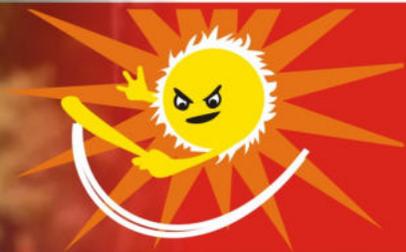


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ଓଡ଼ିଶା ରାଜ୍ୟ ପିପିଆଇ ପରିଚାଳନା ଦର୍ପଣ
ଭବନ ଭବନ, ଭୁବନେଶ୍ୱର

DSPL-312

DPR-040071300141925

#HeatwaveSafety


ଅଶୁଦ୍ଧାତ

ପ୍ରତି ସାବଧାନ

ଜରୁରୀ କାମରେ ବାହାରକୁ
ଯିବାକୁ ହେଲେ କଳା
ଚଷମା, ଚପଲ, ମୁଣ୍ଡରେ
ଓଦା ଗାମୁଛା ଏବଂ ଛତା
ବ୍ୟବହାର କରନ୍ତୁ

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ଅଶୁଦ୍ଧାତ!

ସାବଧାନତା ହିଁ ସୁରକ୍ଷା

ବାହାରକୁ ଯିବା ପୂର୍ବରୁ ଯଥେଷ୍ଟ ଖାଦ୍ୟ ଖାଆନ୍ତୁ ଓ ପ୍ରଚୁର ପାଣି ପିଅନ୍ତୁ ।
ଓଦା ଗାମୁଛା ଓ ପାଣି ବୋତଲ ସାଥରେ ନିଅନ୍ତୁ ।

ପଖାଳ, ଚରଭୁଜ, ଓ କାକୁଡ଼ି ଇତ୍ୟାଦି ଖାଆନ୍ତୁ ।

ତୋରାଣି, କାଞ୍ଜିପାଣି, ବେଲପଣା, ସରବତ, ଘୋଳ ବହି ଏବଂ ଓ.ଆର.ଏସ୍ ଘୋଳ ପିଅନ୍ତୁ ।

ଛତା, ଜୋତା, ଟୋପି, ପଗଡ଼ି, କଳା ଚଷମା, ପୂତା ଲୁଗା ବ୍ୟବହାର କରନ୍ତୁ ।

ମାଦକ ଦ୍ରବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।

ଅସୁସ୍ତି ଅନୁଭବ କଲେ ଡାକ୍ତରଙ୍କ ପରାମର୍ଶ ନିଅନ୍ତୁ ।

- ଚାନ୍ଦିନୀ ସାଧାରଣ ୧୩/୧୪ ବର୍ଷରୁ କମରୁ ଆରମ୍ଭ ହେଉଥିବା ଉଷ୍ମ ଯୁଗର ପ୍ରଦୀପ ବୃଦ୍ଧିପାତ୍ର ।
- ଉତ୍ତରବର୍ତ୍ତୀ ଆକାଶର ବସ୍ତୁନିର୍ଗତ ତାପରୁ ଆରମ୍ଭ ହେଉଥିବା ଉଷ୍ମ ଯୁଗ ଚାନ୍ଦିନୀ ସାଧାରଣରୁ ଅଧିକ ଉଷ୍ମ ଯୁଗର ଚିହ୍ନିତ ବୃଦ୍ଧିପାତ୍ର ।
- ଉତ୍ତରବର୍ତ୍ତୀ ଆକାଶର ବସ୍ତୁନିର୍ଗତ ତାପରୁ ଆରମ୍ଭ ହେଉଥିବା ଉଷ୍ମ ଯୁଗ ଚାନ୍ଦିନୀ ସାଧାରଣରୁ ଅଧିକ ଉଷ୍ମ ଯୁଗର ଚିହ୍ନିତ ବୃଦ୍ଧିପାତ୍ର ।

ଖରା ସମୟରେ ଜଳସାଧାରଣ ସତର୍କତା ଅବଲମ୍ବନ କରିବା ଉଚିତ ।



ଓଡ଼ିଶା ସରକାରଙ୍କ ଦ୍ଵାରା ପ୍ରସ୍ତୁତ

ଅଂଶୁଘାତ !

ସାବଧାନତା ହିଁ ସୁରକ୍ଷା



ବାହାରକୁ ଯିବା ପୂର୍ବରୁ ଯଥେଷ୍ଟ ଖାଦ୍ୟ ଖାଆନ୍ତୁ ଓ ପ୍ରଚୁର ପାଣି ପିଅନ୍ତୁ । ଓଡ଼ିଆ ଗାମୁଛା ଓ ପାଣି ବୋତଲ ବାହାରେ ନିଅନ୍ତୁ ।



ତାପମାତ୍ରା ସାଧାରଣତଃ ୪୩°/୪୪° ସେଣ୍ଟିଗ୍ରେଡ୍ ପର୍ଯ୍ୟନ୍ତ ହେଲେ ଏହାକୁ ଗ୍ରୀଷ୍ମ ପ୍ରବାହ କୁହାଯାଏ ।

ଗୋରାଣି, ଦାଢ଼ିପାଣି, ବେଲପଣା, ସରବତ, ଘୋଡ଼ ଚଢ଼ି ଏବଂ ଓ.ଆର୍.ଏସ୍ ଘୋଡ଼ ପିଅନ୍ତୁ ।



କିନ୍ତୁ ଇପକୃତକର୍ମୀ ଅଞ୍ଚଳରେ ବାୟୁମଣ୍ଡଳ ଆର୍ଦ୍ରତା ଅଧିକ ଇହୁଣିବାକୁ ଏହାଠାରୁ କମ୍ ତାପମାତ୍ରାରେ ମଧ୍ୟ ଗ୍ରୀଷ୍ମ ପ୍ରବାହ ଲକ୍ଷିତ ପରିସ୍ଥିତି ସୃଷ୍ଟି ହୋଇଥାଏ ।

ଝିଟା, କୋଡା, ଗୋପି, ପରଡ଼ି, କଳା ଚଞ୍ଚଳା, ହୁଡ଼ା ଲୁଗା ବ୍ୟବହାର କରନ୍ତୁ ।



ସହରରେ କୋଠାବାଡ଼ି ଅଧିକ ଥିବାରୁ ଏବଂ ଶିଖାଞ୍ଚଳ କଳ ବାରଖାନାରୁ ନିର୍ଗତ ଗ୍ୟାସ୍ ଯୋଗୁଁ ତାପମାତ୍ରା ଅତ୍ୟଧିକ ବୃଦ୍ଧି ପାଇଥାଏ । ଏଣୁ କନସାଧାରଣ ଖରା ସମୟରେ ସରକାରୀ ଅବଲମ୍ବନ କରିବା ଉଚିତ୍ ।

ଅତ୍ୟଧି ଅନୁଭବ କଲେ ଦ୍ଵାବରଦ ପରାମର୍ଶ ନିଅନ୍ତୁ ।



ମାତକ ତ୍ରୁବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।



ଓଡ଼ିଶା ରାଜ୍ୟ ବିପର୍ଯ୍ୟୟ ପ୍ରଶମନ କର୍ତ୍ତୃପକ୍ଷ
ଖଜାଳ ଭବନ, ଭୁବନେଶ୍ଵର

ଓଡ଼ିଶା ରାଜ୍ୟ ବିପର୍ଯ୍ୟୟ ପ୍ରଶମନ କର୍ତ୍ତୃପକ୍ଷର ତରଫରୁ ତରଫିତରେ ପ୍ରକାଶିତ

sample 08

ଓଡ଼ିଶା ରାଜ୍ୟ ବିପର୍ଯ୍ୟୟ ପରିଚାଳନା କର୍ତ୍ତୃପକ୍ଷ
ଖଜାଳ ଭବନ, ଭୁବନେଶ୍ଵର

ସଚେତନତା ଓ ସଚର୍ଚ୍ଚତା ହିଁ ସୁରକ୍ଷା ।

ଅଂଶୁଘାତ ପ୍ରତି ସାବଧାନ !

- ✓ ଶୀତ ଖରାରେ ପତାକୁ ବାହାରରୁ ନାହିଁ ।
- ✓ ଜଠିନ ପରିଶ୍ରମ କରନ୍ତୁ ନାହିଁ ।
- ✓ ଜରୁରୀକାମରେ ବାହାରକୁ ଯିବାକୁ ହେଲେ ମୁଣ୍ଡରେ ଓଡ଼ିଆ ଗାମୁଛା, ଛତା, ଚପଲ, କଳା ଚଞ୍ଚଳା ବ୍ୟବହାର କରନ୍ତୁ ।
- ✓ ବାହାରକୁ ଯିବା ସମୟରେ ପାଣି ବୋତଲ ସାଙ୍ଗରେ ନିଅନ୍ତୁ ।
- ✓ ଜଳ ଶୁଖିତାରୁ ରକ୍ଷା ପାଇବା ପାଇଁ ଅଧିକ ପାଣି, ଓ.ଆର୍.ଏସ୍ ତ୍ରୁବଣ, ପଣା, ଗୋରାଣି, ଘୋଜଦହି ଓ ଆଖୁରସ ପିଅନ୍ତୁ । କାକୁଡ଼ି, ଚରକ୍ତୁ ଆଦି ଖାଆନ୍ତୁ ।
- ✓ ମାତକ ତ୍ରୁବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।
- ✓ ହାଲକା ଓ କିଲା ଡ୍ରେସ୍ ପରିଧାନ କରନ୍ତୁ ।
- ✓ ଅଂଶୁଘାତରେ ଆକ୍ରାନ୍ତ ବ୍ୟକ୍ତିଙ୍କୁ ଯଥାଶୀଘ୍ର ଡାକ୍ତରଖାନା ନେଇ ଚିକିତ୍ସା କରାନ୍ତୁ ।

ଅଂଶୁଘାତ ପ୍ରତି ସାବଧାନ !



- ୧ ଚାଣ ଖରାରେ ପଦାକୁ ବାହାରକୁ ନାହିଁ ।
- ୨ ଖରାରେ କଠିନ ପରିଶ୍ରମ କରନ୍ତୁ ନାହିଁ ।
- ୩ କରୁଣା କାମରେ ବାହାରକୁ ଯିବାକୁ ହେଲେ କଳା ଚଷମା, ଚପଲ, ମୁଣ୍ଡରେ ଓଦା ରାମୁଛା ଏବଂ ଛତା ବ୍ୟବହାର କରନ୍ତୁ ।
- ୪ ବାହାରକୁ ଯିବା ସମୟରେ ପାଣି ବୋତଲ ସାଙ୍ଗରେ ନିଅନ୍ତୁ ।
- ୫ ହାଲୁକା ଏବଂ ଢିଲା ପୋଷାକ ପରିଧାନ କରନ୍ତୁ ।
- ୬ ମାସକ ଦ୍ରବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।
- ୭ କନ ଶୁଷ୍କତାରୁ ରକ୍ଷା ପାଇବା ପାଇଁ ଅଧିକ ପାଣି, ଓ.ଆର୍.ଏସ୍ ପ୍ରବଣ, ପଣା, ଚୋରାଣି, ଘୋଳଦହି ଓ ଆଖୁରସ ପିଅନ୍ତୁ । କାକୁଡ଼ି, ଚରଜୁଳ ଆଦି ଖାଆନ୍ତୁ ।
- ୮ ଅଂଶୁଘାତରେ ଆକ୍ରାନ୍ତ ବ୍ୟକ୍ତିଙ୍କୁ ଯଥାଶୀଘ୍ର ଡାକ୍ତରଖାନା ନେଇ ଚିକିତ୍ସା କରାନ୍ତୁ ।
- ୯ ଗୃହପାଳିତ ପଶୁପକ୍ଷୀମାନଙ୍କୁ ଛାଇରେ ରଖନ୍ତୁ ଏବଂ ପ୍ରଚୁର ପରିମାଣରେ ପାଣି ପିଇବାକୁ ଦିଅନ୍ତୁ ।
- ୧୦ ଭାରତୀୟ ପାଣିପାଗ ବିଭାଗ ଦ୍ୱାରା ଗ୍ରୀଷ୍ମ ପ୍ରବାହ ସମ୍ପର୍କୀୟ ଦିଆଯାଉଥିବା ସଚେତନ ସୂଚନା ପ୍ରତି ସର୍ବଦା ଧ୍ୟାନ ଦିଅନ୍ତୁ ।



ଓଡ଼ିଶା ରାଜ୍ୟ ପରିସର ପରିଚାଳନା ବୃତ୍ତ
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ସଚେତନତା ଓ ପର୍ଯ୍ୟଟନ ବି ପୁରୁଣା !
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ହାତରେ ଥିବ ଛତା
ପାଦରେ ଥିବ ଚପଲ ଯଦି
ଖରାକୁ ନାହିଁ ଚିନ୍ତା



- ଦିନ ୧୧ ଟାକୁ ଖାଦ୍ୟ ଭିତରେ ଖରାବ ଚାଟି ସବୁଠାରୁ ଅଧିକ ଥାଏ । ଏଣୁ ଚାଣ ଖରାରେ ପଦାକୁ ବାହାରକୁ ନାହିଁ ।
- ଅଧିକ ପାଣି, ଓ.ଆର୍.ଏସ୍., ପଣା, ଚୋରାଣି, ଘୋଳଦହି, ଆଖୁରସ ପିଅନ୍ତୁ ଓ କାକୁଡ଼ି, ଚରଜୁଳ ଆଦି ଖାଆନ୍ତୁ ।
- ଖରାରେ କଠିନ ପରିଶ୍ରମ କରନ୍ତୁ ନାହିଁ ।
- ହାଲିଆ ଲାଗିଲେ ଛାଇ ଯାଗାରେ ବିଶ୍ରାମ କରନ୍ତୁ ।
- ମୁଣ୍ଡ ଓ ଦେହରେ ଓଦା ରାମୁଛା ପକାନ୍ତୁ ।
- ନିଶାଖାଳ ଚାଣ ଖରାକୁ ବାହାରିଲେ କାବନ ପ୍ରତି ବିପଦ ଥାଏ ।
- ଅଂଶୁଘାତ ରୋଗୀ ଦେହରେ ବରଫ ଘଷନ୍ତୁ ନାହିଁ ।

ସରକାରୀ ଡାକ୍ତରଖାନାରେ ଅଂଶୁଘାତ ରୋଗୀଙ୍କ ଚିକିତ୍ସା ପାଇଁ ସୁବିଧା କରାଯାଇଛି ।

ସ୍ୱାସ୍ଥ୍ୟ ଓ ପରିବାର କଲ୍ୟାଣ ବିଭାଗ, ଓଡ଼ିଶା ସରକାର
ପ୍ରସ୍ତୁତି : ରାଜ୍ୟ ସ୍ୱାସ୍ଥ୍ୟ ଓ ପରିବାର କଲ୍ୟାଣ ପ୍ରତିଷ୍ଠାନ, ଓଡ଼ିଶା

ଅଂଶୁଘାତ

- ଅତି ପ୍ରବଳ ଖରାରେ ପଦାକୁ ବାହାରକୁ ନାହିଁ ।
- ଆବଶ୍ୟକ ଛାଇ ବାହାରକୁ ଯିବାକୁ ହେଲେ ମୁଣ୍ଡକୁ ଓଦା ରାମୁଛାରେ ଘୋଡ଼ାନ୍ତୁ ଏବଂ ଛତା , ଜୋତା ଓ କଳା ଚଷମା ବ୍ୟବହାର କରନ୍ତୁ ଓ ସାଥରେ ଥଣ୍ଡା ପାଣି ନିଅନ୍ତୁ ।
- ବାହାରକୁ ଯିବା ଆଗରୁ ଓ ପହଞ୍ଚିବା ପରେ ଥଣ୍ଡା ପାଣି, ଲେମ୍ବୁ ସରବତ, ଘୋଳ ଦହି ଚୋରାଣି ଇତ୍ୟାଦି ପିଅନ୍ତୁ ।
- ହାଲୁକା ଓ ଢିଲା ସୂତା ଲୁଗା ବ୍ୟବହାର କରନ୍ତୁ ।
- ହାଲିଆ ଲାଗିଲେ ଛାଇ ଓ ପବନ ଚଳାଚଳ ସ୍ଥାନରେ ବିଶ୍ରାମ ନିଅନ୍ତୁ ।
- ଘରେ ଚିଣ ବା ଆଜବେଷ୍ଟ୍ ସ୍ୱାତ ଥିଲେ ତା ଉପରେ ନଡ଼ା ବିଛାନ୍ତୁ ।
- ଘର ଭିତରେ ଥିବା ବେଳେ ଓ ଶେଷ ହେଉନଥିଲେ ମଧ୍ୟ ପ୍ରଚୁର ପାଣି ପିଅନ୍ତୁ ।
- ଦେହରୁ ଅଧିକ ଝାଳ ବୋହିଲେ, ପାଟି ଅଠା ଅଠା ଲାଗିଲେ- ପ୍ରଚୁର ପାଣି, ଓ. ଆର୍. ଏସ୍. ଓ ପଣା ପିଅନ୍ତୁ ।
- ଚାଣ ଖରାରେ ଶାରୀରିକ ପରିଶ୍ରମ କରନ୍ତୁ ନାହିଁ ।
- ଅଂଶୁଘାତ ରୋଗୀ ଦେହରେ ବରଫ ଘଷନ୍ତୁ ନାହିଁ ବା ଅଚେତ ବ୍ୟକ୍ତିଙ୍କୁ ପାଣି ପିଆନ୍ତୁ ନାହିଁ ।
- କେହି ଅସୁସ୍ଥ ଅନୁଭବ କଲେ ବା ଅଚେତ ହୋଇଗଲେ ତାଙ୍କୁ ଶୀଘ୍ର ଡାକ୍ତରଖାନାକୁ ନେଇ ଯାଆନ୍ତୁ ।
- ନିଶା ଦ୍ରବ୍ୟ ସେବନ କରନ୍ତୁ ନାହିଁ ।
- ଗୃହପାଳିତ ପଶୁଙ୍କୁ ମଧ୍ୟ ଛାଇରେ ରଖି ପ୍ରଚୁର ପାଣି ପିଇବାକୁ ଦିଅନ୍ତୁ ।


 Odisha State Disaster Management Authority (OSDMA)
 9th Floor, Rajiv Bhawan, Bhubaneswar, Tel.: (0674) 2395398, 2391871
 E-mail: osdma@osdma.org, Website: www.osdma.org

Heat Wave DOs and DON'Ts

DOs

Heat Wave conditions can result in physiological strain, which could even result in death.

To minimize the impact during the Heat Wave and to prevent serious ailment or death because of heat stroke, you can take the following measures:

- Avoid going out in the sun, especially between 11-00 AM and 3-00 PM.
- Drink sufficient water and as often as possible, even if not thirsty
- Wear lightweight, light-coloured, loose, and porous cotton clothes.
- Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
- Avoid strenuous activities when the outside temperature is high.
- Avoid working outside between 11-00 AM and 3-00 PM.
- While travelling, carry water with you.
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrate the body.
- Avoid high-protein food and do not eat stale food.
- If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs
- Do not leave children or pets in parked vehicles
- If you feel faint or ill, see a doctor immediately.
- Use ORS, homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which helps to re-hydrate the body.
- Keep animals in shade and give them plenty of water to drink.
- Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- Use fans, damp clothing and take bath in cold water frequently.

Tips for Treatment of a Person Affected by a Sunstroke

- Lay the person in a cool place, under a shade. Wipe her/him with a wet cloth/wash the body frequently. Pour normal temperature water on the head. The main thing is to bring down the body temperature.
- Give the person ORS to drink or lemon sarbat/torani or whatever is useful to rehydrate the body.
- Take the person immediately to the nearest health center. The patient needs immediate hospitalization, as heat strokes could be fatal.

Acclimatization

People at risk are those who have come from a cooler climate to a hot climate. You may have such a person(s) visiting your family during the Heat Wave season. They should not move about in open field for a period of one week till the body is acclimatize t heat and should drink plenty of water. Acclimatization is achieved by gradual exposure to the hot environment during a Heat Wave.

Must for All

- Listen to Radio; watch TV; read Newspaper and other sources for local weather news/ heat advisories.
- 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 and use protective goggles.
- Avoid caffeine, alcohol or sugared soda because they can dehydrate your.

Employers and Workers

- Provide cool drinking water at the 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 shade and give them plenty of water to drink.
- Carry water with you.

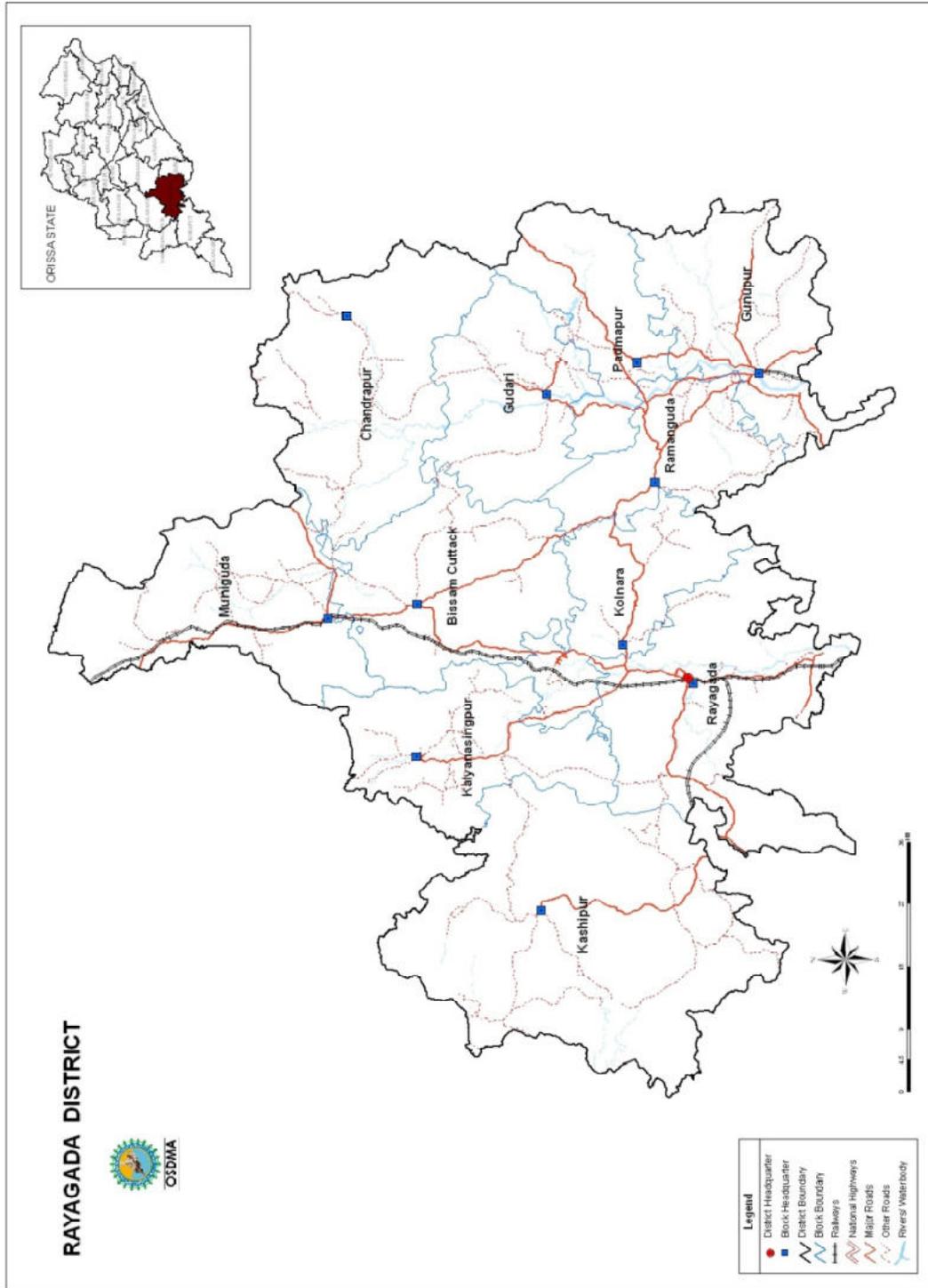
DON'Ts

- Avoid going out in the sun, especially between 11-00 AM to 3-00 PM.
- Avoid strenuous activities when outside in the afternoon.
- Do not go out barefoot.
- 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 food and do not eat stale food.
- Do not leave children, pets or anybody in parked vehicles - as they may get affected by heat.
- Don't drink cold drinks with ice as they can cause stomach cramping.



Annexure

Rayagada District Administrative Map



Important Contact Numbers

Sl. No.	Office/ Institution	Name & Designation	Mobile No.	Office Phone No.
1.	Collectorate, Rayagada	Ms. Swadha Dev Singh, IAS Collector & DM	7750023978	06856-222245
2.	District Police Office, Rayagada	Sri Vivekananda Sharma, IPS Superintendent of Police	9438916870	06856-222304
3.	Collectorate, Rayagada	Sri Somanath Pradhan, OAS (S) ADM-I	9937567661	06856-222353
4.	Collectorate, Rayagada	Sri Dharmananda Behera, OAS (S) ADM-II	9437124025	-
5.	DFO, Rayagada	Dr. Bijaya Kumar Parida, OFS (SB) Divisional Forest Officer	9437097056	06856-222056
6.	Zilla Parishad, Rayagada	Sri Rabi Narayan Tripathy, OAS (S) CDO-cum-EO, ZP	9437627756	06856-222309
7.	CDM & PHO, Rayagada	Dr. Lalmohan Routray CDM&PHO	9439983501	06856-235603
8.	Sub-Collectorate, Rayagada	Sri Bhimsen Sabar, OAS (S) Sub-Collector & SDM	9938693305	06856-222036
9.	Sub-Collectorate, Gunupur	Sri Lalit Kumar Kanhar, OAS (SB) Sub-Collector & SDM	9437390634	06857-250555
10.	Collectorate, Rayagada	Ms. Surjamani Bhoi, OAS Deputy Collector, Emergency	8596873851	06856-224082
11.	ITDA, Rayagada	Sri Dilip Kumar Behera, OAS (SB) Project Administrator	943874936	06856-235165
12.	ITDA, Gunupur	Smt. Santi Prabha Pradhan, OAS (S) Project Administrator	7978993171	06857-250235
13.	CDVO, Rayagada	Dr. Hadibandhu Bhoi CDVO	9439856376	06856-222125
14.	RWS&S, Rayagada	Er. C.R. Jena Executive Engineer	9439584296	06856-236189 06856-236313
15.	PHED, Rayagada	Er. Sarat Kumar Panigrahi SE	7978437286	06856-224220
16.	TPSODL, Rayagada	Er. Narayan Nayak Executive Engineer	8917638948	06856-222186
17.	TPSODL, Gunupur	Er. Pradeep Kumar Rao Executive Engineer	9437959753	-
18.	DI&PRO, Rayagada	Sri Basant Kumar Pradhan DI&PRO	9438641785	06856-222195
19.	MI Division, Rayagada	Er. Santanu Kumar Biswal Executive Engineer	9437137681	06856-222081
20.	OLIC, Gunupur	Er. Binod Chandra Das Executive Engineer	9938368282	06857-250454
21.	DPHO, Rayagada	Dr. V. Lokanath Raju DPHO	9439984968 9437910962	-
22.	DEO, Rayagada	Sri Purna Chandra Bariha, OES District Education Officer	9437354618	-

23.	DWO, Rayagada	Ashok Kumar Satpathy, OWS District Welfare Officer	9437358475	06856-235147
24.	Fire Station, Rayagada	Sri SagramHansda District Fire Officer	7978826986	06856-222222
25.	OSDMA, Rayagada	Sri Jyotirmaya Patra DRCC	9437373001	06856-224082
26.	Municipality, Rayagada	Sri Yaseer B Ahmed Executive Officer	9650380734	06856-235067
27.	Municipality, Gunupur	Ms. Pravati Jhodia, OAS Executive Officer I/c.	9583248181	06857-250438
28.	NAC, Gudari	Sri Muralidhar Panda, ORS Executive Officer I/c.	9437777122	-
29.	DLC, Rayagada	Ms. Jasmie Sahoo DLO	8895084196	06856-222009
30.	F&B, Rayagada	Sri Ranjit Kumar Nayak Asst. Director	9437416283	06856-222158
31.	BDO, Rayagada	Sri Laxmi Narayana Sabat, OAS Block Development Officer	9437776555	06856-222123
32.	BDO, Kalyansingpur	Sri Sunil Khora, OAS Block Development Officer	8895525119	06856-275056
33.	BDO, Kolnara	Sri Goura Chandra Patnaik, OAS Block Development Officer	9437434969	06856-233529
34.	BDO, Kashipur	Ms. Manisha Das, OAS Block Development Officer	9437417870	06865-285004
35.	BDO, Gunupur	Ms. Pravati Jhodia, OAS Block Development Officer I/c.	9583248181	06857-250433
36.	BDO, Padmapur	Ms. Rina Pradhan, OAS Block Development Officer	8895333752	06857-266123
37.	BDO, Gudari	Sri NursinghCh.Sethi, OAS Block Development Officer	9937147529	06862-260024
38.	BDO, Ramanaguda	Ms. Pravati Jhodia, OAS Block Development Officer	9583248181	06857-262121
39.	BDO, Bissam Cuttack	Sri Sadashiv Nayak, OAS Block Development Officer	9437702555	06863-247516
40.	BDO, Muniguda	Sri Preetam Kumar Tanty, OAS Block Development Officer	9650654820	06863 245119
41.	BDO, Chandrapur	Sri Ashok Kumar Tripathy, ORS Block Development Officer I/c.	7894925504	06863 241003
42.	Tahasil, Rayagada	Sri Tapas Rout, OAS Tahasildar	824932773	06856-235091
43.	Tahasil, Kalyansingpur	Sri Sudhakar Raita, OAS Tahasildar	7008825517	-
44.	Tahasil, Kolnara	Sri M. Neelakantha, OAS Tahasildar	9437375722	-
45.	Tahasil, Kashipur	Sri Sarat Sabora, OAS Tahasildar	7991026230	06865-285010
46.	Tahasil, Gunupur	Sri Sarat Chandra Nayak, OAS Tahasildar	9938709886	06857-250058
47.	Tahasil, Padmapur	Ms. Geetanjali Behera, OAS Tahasildar I/c.	6371237546	-

48.	Tahasil, Gudari	Ms. Bharatee Devi, OAS Tahasildar	7205575337	-
49.	Tahasil, Ramanaguda	Sri Nirmala Chandra Sahu, OAS Tahasildar	9437815078	-
50.	Tahasil, Bissam Cuttack	Tahasildar I/c.	-	06863-247503
51.	Tahasil, Muniguda	Dr. Debasis Gouda, OAS Tahasildar	9090499102	-
52.	Tahasil, Chandrapur	Sri Ashok Kumar Tripathy, ORS Tahasildar	7894925504	06863-241135



Clinical Manifestations of Heat-Related Illnesses

Clinical Entity	Cardinal Symptoms	Cardinal/Important Signs	Pertinent Negative Findings
Heat rash/ Prickly heat/ Miliaria	Itchy rash with small red bumps at pores in the skin. Seen in the setting of heat exposure; bumps can sometimes be filled with clear or white fluid	<ul style="list-style-type: none"> Diffused Red Colour Skin or vesicular rash, itching of the skin without visible eruption 	Not Focally Distributed like a contact dermatitis
Heat Cramps	Painful spasms of large & frequently used muscle groups	<ul style="list-style-type: none"> Uncomfortable appearance, May have difficulty in fully extending affected limbs/joints 	No contaminated wounds/tetanus exposure; no seizure activity
Heat Exhaustion	Feeling overheated, lightheadedness, Exhausted, weak, unsteady, Feeling of Vomiting, sweaty & Thirsty, Inability to continue activities	<ul style="list-style-type: none"> Sweaty/diaphoretic; flushed skin/ hot skin; Normal Core temperature; +/- dazed, +/- generalised weakness Slight disorientation 	No coincidental signs & symptoms of infection; no focal weakness; no difficulty in swallowing food or speech; no drug/ overdose history
Heat Syncope	Feeling hot & weak; lightheadedness followed by a brief Loss Of Consciousness	<ul style="list-style-type: none"> Brief, generalised loss of consciousness in a hot setting Short period of disorientation, if any 	No Seizure Activity , no loss of bowel or bladder continence, no focal weakness, no difficulties in swallowing or speech
Heatstroke	Severe overheating; Profound weakness; Disorientation, Not Fully Alert, Convulsion, or Other Altered Mental Status	<ul style="list-style-type: none"> Flushed, Dry Skin (not always), Core Temp $\geq 40^{\circ}\text{C}$ OR $\geq 104^{\circ}\text{F}$ Altered mental status with disorientation, incoherent behaviour, Convulsion, Coma tachycardia; +/- hypotension 	No coincidental signs & symptoms of infection; no focal weakness; no difficulties in swallowing or speech, no drug/ overdose history

Spectrum of Heat-Related Illnesses (HRI)

HRI	Clinical Presentation	Treatment
Heat oedema	<ul style="list-style-type: none"> Mild swelling of feet, ankle & h&s It appears in a few days of exposure to the hot environment Does not progress to pretibial region 	<ul style="list-style-type: none"> Usually resolves spontaneously within days to 6 weeks Elevate leg Compressive stocking Diuretics are not effective
Prickly Heat	<ul style="list-style-type: none"> Pruritic, maculopapular, erythematous rash typically over covered areas of body Itchiness Prolonged or repeated heat exposure may lead to chronic dermatitis 	<ul style="list-style-type: none"> Antihistamine Wear clean, light, loose-fitting clothing Avoid sweat generating situations Chlorhexidine is a light cream or lotion base Calamine lotion
Heat Cramps	<ul style="list-style-type: none"> Painful, involuntary, spasmodic contractions of skeletal muscle (calves, thighs & shoulder) Occurs in individuals sweating profusely & only drinking water or hypotonic solutions Limited duration Limited to specific muscle group 	<ul style="list-style-type: none"> Fluid & salt replacement (IV or oral) Rest in a relaxed environment
Heat Tetany	<ul style="list-style-type: none"> Hyperventilation Extremity/s & circumoral paresthesia Carpopedal spasm 	<ul style="list-style-type: none"> Calm the patient to reduce respiratory rate Remove from hot environment
Heat Syncope	<ul style="list-style-type: none"> Postural hypotension Commonly in non-acclimatized elderly 	<ul style="list-style-type: none"> Rule out other causes of syncope Removal from the hot environment Rest & IV drip
Heat Exhaustion	<ul style="list-style-type: none"> Headache, nausea, vomiting Malaise, dizziness Muscle cramps Temperature less than 40°C or normal May progress to heatstroke if fails to improve with treatment No CNS involvement 	<ul style="list-style-type: none"> Remove the patient from the heat stress area Volume replacement If there is no response to treatment in 30 minutes, then aggressively cool the patient to a core temperature of 39°C
Heatstroke	<ul style="list-style-type: none"> Core body temperature greater than 40°C Signs of CNS dysfunction: Confusion, delirium, ataxia, seizures, coma Other late findings: anhidrosis, coagulopathy, multiple organ failure 	<ul style="list-style-type: none"> Remove the patient from the heat stress area Volume replacement If there is no response to treatment in 30 minutes, then aggressively cool the patient to the core temperature of 39°C (further details later in document)

National Heat-Related Illness Surveillance

National Programme on Climate Change and Human Health, NCDC, MoHFW

Case Definitions & SoP for Health Facility Level

Case Definitions

Suspected Heatstroke Case: use any set of three criteria mentioned below to determine a suspected heatstroke case*

- | | | |
|---|-----------|--|
| <ol style="list-style-type: none">1. Altered mental status (incl disorientation, delirium, seizure, or obtundation)2. With elevated core body temperature $\geq 40^{\circ}\text{C}/\geq 104^{\circ}\text{F}$3. Without signs of stroke, history of infection, or signs of medication overdose | or | <ol style="list-style-type: none">1. Altered mental status (including disorientation, delirium, seizure, obtundation) with hot & dry skin2. And deranged vitals, i.e., tachycardia, tachypnoea & wide pulse pressure3. Without signs of stroke, history of infection, or signs of medication overdose. |
|---|-----------|--|

*Important

1. Definition is applicable during Heatwave season, i.e., March to July)
2. Confirmation of heatstroke through detail exposure history & or laboratory tests are **not required for reporting**
3. Suspected heatstroke case should be reported based on above criteria only.

Suspected Heatstroke Death: This is a death on account of suspected heatstroke patient.

Confirmed Cardiovascular Death includes death resulting from an acute myocardial infarction (MI) or sudden cardiac arrest or heart failure (HF) or cardiovascular (CV) procedures or CV haemorrhage or death due to other CV causes."

Confirmed Heatstroke Death: a suspected heatstroke death is to be reported as & when the death is confirmed by the death committee (heat death committee/three-man committee) at the district level.

Others including Unknown Deaths: Total number of deaths that are not identified as heatstroke deaths or confirmed cardiovascular deaths

All-cause death: all of the deaths that occur in a health facility, regardless of cause.

Emergency OPD Cases: Total number of patients that visited casualty & or medicine & or pediatric emergency OPD whichever service is provided at the health facility

Who Has to Submit Daily Report

HRI surveillance requires mandatory reporting from March 1 to July 31 (*Everyday, Rain or shine!*)

1. All public hospitals with casualty/emergency. (i.e., PHC and above level)
2. All private hospitals are having casualty/emergency.
3. Reporting Departments will be medicine, paediatrics & casualty/emergency, whichever applicable

How to Report

1. **Reference period for reporting** is 8am-8am, e.g., if reporting today, submit number of cases & deaths that occurred between 8am yesterday-8am today (24hr time period)
2. Health facilities with access to Integrated Health Information Platform (IHIP) should submit reports using existing **P-form level login details** daily on <https://ihip.nhp.gov.in/npcchh/#/>
3. Maintain **line lists** of Suspected Heatstroke Cases, Suspected Heatstroke Deaths and Confirmed Cardiovascular Deaths Forms 1 (A) and 1(B), National Action Plan on Heat Related Illnesses (NAPHRI)
4. MO to support **investigation of Suspected Heat Related Illness deaths** using detail form (Ch:7, NAPHRI)

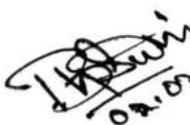
Standard Operating Procedure (SOP) on Heat Related Illness-2023

Temperature have already touched unusual high in some places of our state in deviation from expected normal temperature of this time of the year as reported by Indian Metrology Department (IMD), Bhubaneswar. To prevent & manage Heat related illness Standard Operating Procedure (SOP) is given below for its implementation in district and sub district level from 1st March to 31st July, 2023.

- Opening of control room at District Surveillance Unit (DSU) which will function 24x7 with a dedicated phone number shared with all concern.
- Readiness of Rapid Response Team (RRT) at district and block level to face challenges of heat related emergency.
- Earmarked heat stroke room at District Head quarter Hospitals (DHH) (6 Beds), SDH (4 Beds), CHC (2 Beds), PHC (1 Bed) to be identified and keep in readiness with AC & Coolers. Medical college to have earmarked beds as per anticipated case load.
- ORS corners to be opened in the strategic place like OPD, Pediatrics ward and infectious ward of the health institutions.
- Drugs and logistics such as ORS, IV fluid, ICE pack and other consumable with emergency kits to be placed in the heat stroke room with regular replacement
- 24x7 duty roaster of Medical Officers to be displayed in the causality.
- Nodal officer to be identified at district, SDH & CHC level for monitoring, supervision and report returning.
- Prompt management of person with heat related illness to be undertaken by the healthcare facilities as per protocol and guideline of Government of India.
- Referral mechanism to be in place in case of referral of a person suffering from severe heat related illness to the higher center.
- Diagnosis of heat related illness to be done by medical officers based on the case definition as per the guideline of Government of India given in

website (www.ncdc.gov.in/)

- Awareness generation activities to be undertaken at district and sub district level to upscale awareness on heat related illness and its prevention using local media, PRI & other groups.
- In case of heat related illness death reported at health care facilities, investigation should be done by medical officer and epidemiologist as per prescribed guideline and format of government of India.
- District Surveillance Unit to obtain information from district emergency cell of collectorate regarding forecast of heatwave for next few days based on which prompt action to be undertaken for prevention and management of heat related illness at district level.
- Capacity building of medical officer, CHOs, staff nurse, ANM, ASHAs and other paramedics on hybrid mode to upscale knowledge on heat related illness.
- Daily report to be communicated to State Surveillance Unit by 5.00PM positively for compilation and onwards transmission to different stakeholders.
- Daily surveillance on heat related illness under NPCCHH programme to be conducted on IHIP using existing P form level login information & continue line listing of cases and deaths for which the MPHWS (M), MPHWS (F), CHO, MPHS (M), MPHS (F) are to be sensitized ^{for} related data entry and Early Warning System.
- Patients waiting facilities with adequate fans, drinking water & ORS distribution facility to be made available in all high foot fall institutions.
- Adequate inter departmental coordination at district & sub district level with sensitization & information sharing system should be in place.


02.03.23


02/03/2023


2.03.23



#HeatwaveSafety



**Be Safe from
Heat Wave**

While stepping out in the sun cover your head, wear protective goggles, use umbrella and wear shoes/chappals

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DISTRICT DISASTER MANAGEMENT AUTHORITY
RAYAGADA, ODISHA

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