



Tamil Nadu State Disaster Management Authority

# HEAT WAVE CAN BE FATAL

TAKE THE FOLLOWING PRECAUTIONS

Listen to Radio; Watch TV;  
read Newspaper for local  
weather news



Drink sufficient water – even  
if not thirsty



Use ORS (Oral Rehydration Solution), homemade  
drinks like buttermilk, lassi, rice water, salt lemon  
juice etc., to keep yourself hydrated

Help line  
State 1070  
District 1077  
[www.tnsdma.tn.gov.in](http://www.tnsdma.tn.gov.in)  
Download TN SMART app

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Tamil Nadu State Disaster Management Authority

# HEAT WAVE CAN BE FATAL

TAKE THE FOLLOWING PRECAUTIONS

## PROTECT your Kids from HEAT WAVE

- ✓ Do not leave kids unsupervised in parked cars. Vehicles can rapidly heat up to dangerous temperatures
- ✓ Give them plenty of fluids to drink.
- ✓ Learn how to identify heat-related illnesses in Infants.
- ✓ Check urine colour of children. Dark coloured urine, indicates possible dehydration



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# HEAT WAVE CAN BE FATAL

TAKE THE FOLLOWING PRECAUTIONS

Do not leave children in parked vehicles - it can rapidly heat up to dangerous temperatures and they may get affected by Heat Wave



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**CARE for the OLD and FRAIL in the Rising heat**



- ✓ Observe them twice a day during extreme heat, especially if he/she is living alone
- ✓ Make sure they have access to a phone
- ✓ If they seem to be suffering from heat stress, cool them down by using wet towels and placing it on their neck and underarms; Use cool bath and showers
- ✓ Encourage them to drink water frequently

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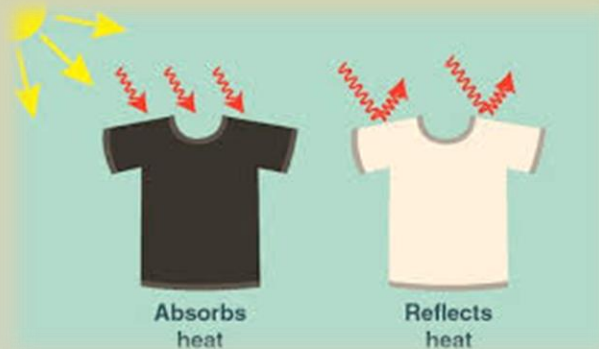
# HEAT WAVE CAN BE FATAL

TAKE THE FOLLOWING PRECAUTIONS

Wear lightweight, light coloured, loose, cotton clothes

Use Hand fans to give yourself an air of relief every now and then

Cover your head  
Use a cloth, hat or umbrella



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# HEAT WAVE CAN BE FATAL

TAKE THE FOLLOWING PRECAUTIONS

## PROTECT your ANIMALS

- ✓ Keep the animals in shed and provide plenty of water
- ✓ Do not keep your animal food outside, it may get dried
- ✓ Do not leave the livestock in a closed garden
- ✓ Keep the birds under shade and supply water periodically



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Keep animals in shade and give them plenty of water to drink

Do not leave pets in parked vehicles - as they may get affected by Heat Wave



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