

Answer to the Lok Sabha Question Dy. No. 8125 raised by Shri K.C.Venugopal regarding "Heat wave"

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a) Whether the government has taken any measures to make a detailed study on the recent "Heat wave" phenomenon in various parts of the country including in Kerala;

b) if so, the details thereof;

- The recent heat wave which occurred during the second fortnight of May 2015 has caused the death of 2248 people out of which 1677 are from Andhra Pradesh (source: NIDM, Ministry of home affairs). India Meteorological Department under Ministry of Earth Sciences forecasted well before and provided advise to the public not to expose themselves to the heat wave.

c) whether the government has made any impact assessment of this phenomenon on flora and fauna in the region and if so, the details thereof;

- This kind of heat waves are common before the onset of southwest monsoon and there is no standing crop in that period. right now there is no such information available on the impact on flora and fauna.

d) the measures proposed to tackle the issue in the light of reports of possible heat wave occurrences in the various parts of the country; and

e)) if so, the details thereof;

- The National Institute of Disaster Management under Ministry of Home Affairs has prepared the measures to be undertaken during the heat waves. the points are mentioned below;

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

To minimise 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 12.00 noon and 3.00 p.m.
- 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 12 noon and 3 p.m.
- While travelling, carry water with you.

- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates 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 centre. The patient needs immediate hospitalisation, as heat strokes could be fatal.

-Disaster management officials in Odisha and Andhra Pradesh have alerted the public before a heat wave and issued advice through Mass media viz. Television, radio and newspapers

-The basic information includes not venturing out in the afternoon, drinking lots of water and what to do if people feel dizzy or feverish. High temperatures can cause dehydration, heat exhaustion and heat stroke, and worsen chronic cardiovascular and respiratory diseases.

-The government also alerted residents to forecasts of very high temperatures through hospitals, community groups, media outlets and government agencies.