



Are you prepared for the **HEAT WAVE?**

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 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.
- Keep animals in shade and give them plenty of water to drink.
- Do not leave children or pets in parked vehicles - as they may get affected by Heat Wave.



Issued in public interest by:

National Disaster Management Authority

NDMA Bhawan, A-1, Safdarjung Enclave, New Delhi - 110029

Follow us on:



@NDMA.in



@ndmaindia



/ndmaindia



/NDMAIndia

For more information log on to: www.ndma.gov.in