

No. HFW-H(VI)B(15)10/2018-  
Health & Family Welfare Department  
Himachal Pradesh.

To

All the Chief Medical Officers,  
All the Medical Superintendents,  
Himachal Pradesh.



Dated Shimla-9, the

Subject :- Preparedness for illnesses due to Extreme Heat Events in 2019 in the country.

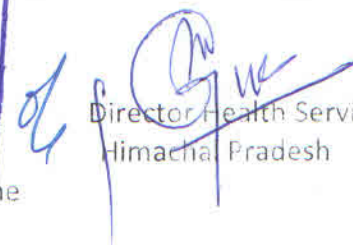
Memo:

This is in reference to letter no. 67/NCDC/CEOHCCH/2018-19/Heat, dated 28<sup>th</sup> Feb., 2019 from the Director, National Centre for Disease Control, Directorate General of Health Services, Ministry of H&FW, Govt. of India on the subject cited above and in continuation to this office letter of even no. dated 15<sup>th</sup> March, 2019.

In this context, you are requested to re-circulate all the advisory given to you vide this office letter of even number dated 6<sup>th</sup> July, 2018, however copy of the same is being enclosed herewith for your kind information and further necessary action please.



Enclosure: mentioned above. Dated Shimla-9, the

  
Director Health Services  
Himachal Pradesh

Copy for information to:-

1. The Director, National Center for Disease Control, Directorate General of Health Services, Ministry of Health & Family Welfare, Govt. of India, 22, Sham Nath Marg, Delhi-110054 w.r.t. his letter referred above.
2. The Programme Officer, IDSP, NHM, BCS Phase -III, New Shimla with the request to include Heat related illness in the IDSP alerts.

  
Director Health Services  
Himachal Pradesh

## Heat Illness Treatment Protocol<sup>4</sup>

Recognizing that treatment protocols may vary slightly according to the setting (EMS, health centre, clinic, hospital emergency department, etc.), the following should apply generally to any setting and to all patients with heat related illnesses:

1. Initial patient assessment primary survey (airway, breathing, circulation, disability, exposure), vital signs including temperature
2. Consider heat illness in differential diagnosis if:
  - a. Presented with suggestive symptoms and signs
  - b. Patient has one or more of the following risk factors:
    - i. Extremes of age (infants, elderly)
    - ii. Debilitation/physical deconditioning, overweight or obese
    - iii. Lack of acclimatization to environmental heat (recent arrival, early in summer season)
    - iv. Any significant underlying chronic disease, including psychiatric, cardiovascular, neurologic, hematologic, obesity, pulmonary, renal, and respiratory disease
    - v. Taking one or more of the following:
      1. Sympathomimetic drugs
      2. Anticholinergic drugs
      3. Barbiturates
      4. Diuretics
      5. Alcohol
      6. Beta blockers
3. Remove from environmental heat exposure and stop physical activity
4. Initiate passive cooling procedures
  - a. Cool wet towels or ice packs to axillae, groin, and around neck; if patient is stable, may take a cool shower, but evaluate risk of such activity against gain and availability of other cooling measures
  - b. Spray cool water or blot cool water onto the skin
  - c. Use fan to blow cool air onto moist skin
5. If temperature lower than 40°C, repeat assessment every 5 minutes; if improving, attempt to orally hydrate (clear liquids, ORS can be used but not necessary; cool liquids better than cold). If temperature is 40°C or above, initiate IV rehydration and immediately transport to emergency department for stabilization.

<sup>4</sup>Source: IIPH, Gandhinagar

**Annexure-4****Heat Wave DO's and DON'Ts****DO's****Must for All**

- 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.

**Employers and Workers**

- Provide cool drinking water near 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.

**DONT'S**

- Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- 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 dehydrates the body.
- Avoid high-protein food and do not eat stale food.
- Do not leave children or pets in parked vehicles - as they may get affected by Heat Wave.