

AKAL UNIVERSITY, TALWANDI SABO

Advisory for Cold Wave 2021-22

Do's and Don'ts on Cold Wave and Frost

Before

- Listen to the radio, watch TV, read newspapers for local weather forecast to know if a cold wave is round the corner.
- Stock adequate winter clothing. Multiple layers of clothing are more helpful.
- Keep emergency supplies ready.
- An increased likelihood of various illnesses like flu, running/stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold. Consult the doctor immediately for such symptoms.

During

- Follow weather information closely and act as advised.
- Stay indoors and minimize travel to prevent exposure to cold wind.
- Keep yourself dry, wear multiple layers of loose fitting woolen clothing, cover your head, neck, hands and toes adequately.
- Eat healthy food, fruits and vegetables rich in Vitamin C to maintain adequate immunity and equilibrium of body temperature.
- Drink hot fluids regularly, as the will maintain body heat to fight cold.
- Store essential supply of goods as per requirement and adequate water as pipes may freeze.
- Take care of elderly people and children and check neighbours who live alone.
- Do not burn coal indoors for generating heat - closed spaces could be dangerous as it can produce carbon monoxide which is very poisonous and can kill persons in the room.
- Watch out for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ear lobes and the tip of the nose, while exposed to cold waves.

- Someone suffering from Frostbite/Hypothermia - like a decrease in body temperature which can cause shivering, difficulty in speaking, sleepiness, stiff muscles, heavy breathing, weakness and/or loss of consciousness. Hypothermia is a medical emergency that needs immediate medical attention.
- Consult doctor immediately for symptoms like various illnesses, running/ stuffy nose particularly during the period of COVID -19.
- Download NDMA's mobile application: First Aid for Students and Teachers (FAST) for information on first aid.

In the case of hypothermia:

- Get the person into a warm place and change clothes.
- Warm the person's body with skin-to-skin contact, dry layers of blankets, clothes, towels, or sheets.
- Give warm drinks to help increase body temperature. Do not give alcohol.
- Seek medical attention if the condition worsens.

Don'ts

- Avoid prolonged exposure to cold.
- Don't drink alcohol that reduces body temperature and narrows blood vessels, particularly in hands, which can increase the risk of hypothermia.
- Do not massage the frostbitten area. This can cause more damage.
- Do not ignore shivering. It is the first sign that the body losing heat, get indoors.
- Do not give the affected person any fluids unless fully alert.