

**DR. HARI SINGH GOUR UNIVERSITY, SAGAR (M.P.)**  
**UNIVERSITY HEALTH CENTER**  
**Health Advisory: Extreme Heat/Heatwave (Annexure: 1)**

**Do's**

**Stay hydrated:**

- Drink sufficient water whenever possible, even if you are not thirsty. Thirst is not a good indicator of dehydration.
- Carry drinking water when traveling
- Use Oral Rehydration Solution (ORS), and consume homemade drinks like lemon water, butter milk/lassi, fruit juices with some added salt.
- Eat seasonal fruits and vegetables with high water content like water melon, musk melon, orange, grapes, pineapple, cucumber, lettuce or other locally available fruits and vegetables.

**Stay covered:**

- Wear thin loose, cotton garments preferably light coloured
- Cover your head: use umbrella, hat, cap, towel and other traditional head gears during exposure to direct sunlight
- Wear shoes or chappals while going out in sun

**Stay alert:**

- Listen to Radio; watch TV; read Newspaper for local weather news. Get the latest update of weather on India Meteorological Department (IMD) website at <https://mausam.imd.gov.in/>

**Stay indoors/in shade as much as possible:**

- In well ventilated and cool places
- Block direct sunlight and heat waves: Keep windows and curtains closed during the day, especially on the sunny side of your house. Open them up at night to let cooler air in.
- If going outdoor, limit your outdoor activity to cooler times of the day i.e., morning and evening
- Reschedule or plan outdoor activities during cooler parts of the day.

**Other precautions**

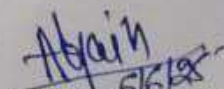
- Elderly or sick people living alone should be supervised and their health monitored on a daily basis.
- Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- Try to remain on lower floors during the day.
- Use fan, spray bottles, damp cloths, ice towels to cool down body.
- Immersing feet in 20°C water above ankle provides rapid cooling by reducing dehydration and thermal discomfort.

**Don'ts**

- Avoid getting out in the sun, especially between 12:00 noon and 03:00 pm
- Avoid strenuous activities when outside in the afternoon
- Do not go out barefoot
- Avoid cooking during peak summer hours. Open doors and windows to ventilate cooking area adequately
- Avoid alcohol, tea, coffee and carbonated soft drinks or drinks with large amount of sugar- as these actually, lead to loss of more body fluid or may cause stomach cramps
- Avoid high-protein food and do not eat stale food
- Do not leave children or pets in parked vehicle. Temperature inside a vehicle could get dangerous.

**Precautions During Mass gathering/Sport event**

- Outdoor/indoor crowded situations increase risk of acute heat-related illnesses (HRI) even in absence of active heatwave alerts in the area.
- Physical exertion, direct sun exposure, overcrowding, and difficult access to water, food and shade may worsen health in vulnerable groups.
- Attendees should stay hydrated, cool, be aware of HRI signs, symptoms and seek medical care.

  
I/c & Chief Medical Officer  
University Health Center

## Case Definitions

## Range of Heat Illness - Typical Presentations-symptoms, sign and prognosis

Clinical Entity	Age Range	Setting	Cardinal Symptoms	Cardinal/Important Signs	Pertinent Negative findings	Prognosis
Heat rash prickly heat Miliaria	All, but frequently children	Hot environment; insulating clothing swaddling (wrap in tight clothes)	Itchy rash with small red bumps at pores in the skin. Seen in setting of heat exposure, bumps can sometimes be filled with clear or white fluid	Diffused red colour skin or vesicular rash, itching of the skin without visible eruption	Not focally distributed like a contact dermatitis	Full recovery with elimination of exposure and supportive care
Heat cramps	All	Hot environment, typically with exertion, insulating clothing	Painful spasms of large and frequently used muscle groups	Uncomfortable appearance, may have difficulty, fully extending affected limbs/joints	No contaminated wounds/tetanus exposure, no seizure activity	Full recovery with elimination of exposure and supportive care
Heat exhaustion	All	Hot environment; +/-exertion; +/-insulating clothing swaddling (wrap in a tight clothes)	Feeling overheated, lightheadedness, exhausted and weak, unsteady, feeling of and vomiting, sweaty and thirsty, inability to continue activities	Sweaty/diaphoretic, flushed skin; hot skin, normal core temperature, +/-dazed, +/-generalized weakness, slight disorientation	No coincidental signs and symptoms of infection; no focal weakness; no difficulty in swallowing food or speech; no overdose history	Full recovery with elimination of exposure and supportive care; progression to heat syncope/stroke if continued exposure
Heat syncope	Typically adults	Hot environment; +/-exertion; +/-insulating clothing swaddling or (wrap in a tight clothes)	Feeling hot and weak; lightheadedness followed by a brief loss of consciousness	Brief, generalized loss of consciousness in hot setting, short period of disorientation, if any	No seizure activity, no loss of bowel or bladder continence, no focal weakness, no difficulties in food swallowing or speech	Full recovery with elimination of exposure and supportive care, progression to heat stroke if continued exposure
Heat Stroke	All	Hot environment; +/- exertion; +/-insulating clothing swaddling (wrap in a tight clothes)	Severe overheating, profound weakness, disorientation, not fully alert, convulsion, or other altered mental status	Flushed, dry skin (not always), core temp 240°C or 104°F; altered mental status with disorientation, incoherent behaviour, coma, convulsion; tachycardia; +/-hypotension	No coincidental signs and symptoms of infection; no focal weakness; no difficulties in swallowing food or speech, no overdose history	25-50% mortality even with aggressive care; significant morbidity even if survives

(15)

Abhishek

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