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ਪੰਜਾਬ ਸਰਕਾਰ
ਮਾਲ, ਪੁਨਰਵਾਸ ਅਤੇ ਡਿਜ਼ਾਸਟਰ ਮੈਨੇਜਮੈਂਟ ਵਿਭਾਗ
(ਡੀ.ਐਮ.-1 ਸਾਖਾ)

ਸੇਵਾ ਵਿਖੇ

ਰਾਜ ਦੇ ਸਮੂਹ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ
ਪੰਜਾਬ।

ਮੀਮੋ ਨੰ. 02/04/2021-2(6)ਡੀਐਮ1/1197
ਚੰਡੀਗੜ੍ਹ ਮਿਤੀ, 15/03/2021

Subject:- Preparatory action for Heat Wave season 2021 and
Thunderstorm and Lightening.

ਹੀਟ ਵੇਵ 2021 ਅਤੇ Thunderstorm & Lightening ਤੋਂ ਬਚਣ ਸਬੰਧੀ ਨੈਸ਼ਨਲ ਡਿਜ਼ਾਸਟਰ ਮੈਨੇਜਮੈਂਟ ਅਥਾਰਟੀ (NDMA), ਭਾਰਤ ਸਰਕਾਰ ਨਵੀਂ ਦਿੱਲੀ ਵੱਲੋਂ ਈਮੇਲ ਮਿਤੀ 05.03.2021 ਰਾਹੀਂ ਪ੍ਰਾਪਤ ਹੋਇਆ Information Education Communication (IEC) material ਜਿਵੇਂ ਕਿ Public Advertisements and TVCs ਆਪ ਨੂੰ ਈਮੇਲ ਤੇ ਅਗਲੇਰੀ ਕਾਰਵਾਈ ਹਿੱਤ ਭੇਜੇ ਜਾਂਦੇ ਹਨ ਜਿਸ ਵਿੱਚ Heat wave and Thunderstorm & Lightening ਸਬੰਧੀ ਪ੍ਰਿੰਟ ਮੀਡੀਆ ਅਤੇ ਵੈਬ ਲਿੰਕ ਵੀਡੀਓਜ਼ ਸ਼ਾਮਲ ਹਨ।

2. ਆਪ ਨੂੰ ਬੇਨਤੀ ਹੈ ਕਿ ਇਨ੍ਹਾਂ ਪ੍ਰਿੰਟ ਮੀਡੀਆ ਨੂੰ ਜਨਤਕ ਥਾਵਾਂ ਤੇ ਪਬਲਿਸ਼ ਕਰਵਾਇਆ ਜਾਵੇ ਅਤੇ ਸਿੱਚਾਰ ਦੇ ਵੱਖ-ਵੱਖ ਸਾਧਨਾਂ ਜਿਵੇਂ ਵੈਬਸਾਈਟਾਂ, ਡਿਪਟੀ ਕਮਿਸ਼ਨਰਾਂ/ਜਿਲ੍ਹਿਆਂ ਦੇ ਸੋਸਲ ਮੀਡੀਆ ਪੇਜਸ, ਲੋਕਲ ਅਖਬਾਰਾਂ/ਲੋਕਲ ਟੀਵੀ, ਜਿਲ੍ਹਾ ਲੋਕ ਸੰਪਰਕ ਵਿਭਾਗ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਸੋਸਲ ਮੀਡੀਆ ਪੇਜਸ ਰਾਹੀਂ, ਖੇਤਰੀ ਪੱਧਰ ਦੇ ਅਧਿਕਾਰੀਆਂ ਰਾਹੀਂ ਆਮ ਲੋਕਾਂ ਨੂੰ ਜਾਗਰੂਕ ਕੀਤਾ ਜਾਵੇ।

(Signature)
ਸੁਪਰਡੈਂਟ ਗ੍ਰੇਡ-1

Advisory for heat wave 2021

State level

- State governments must update and customise their Heat Action plans as per NDMA guidelines 2019, which have already been circulated to all concerned vide NDMA letter No. 1-79/2019-PP dated 22nd October 2019 and also uploaded on the NDMA website. (<https://ndma.gov.in/images/guidelines/heatwaveguidelines.pdf>)
- Heat wave Action Plan of the State may be circulated to all Collectors & HoDs of concerned line departments with instructions for its implementation.
- States must appoint a Nodal Officer at each level (State, District and Block levels) for communicating early warning and coordinating the implementation of HAP.
- Give directions to Stakeholders to take precautionary measures of concurrent disaster of COVID-19. Provisions should be made to ensure physical distancing along with the availability of soap, water and sanitising stations.
- State government must review and monitor the heat wave situation through video conferencing with concerned line departments/districts/blocks.
- Put up display boards with colour coding for heat wave alert at different locations.
- Widely publicise Do's & Don'ts.
- Publish IEC print material (print material, radio jingles and TVCs) in regional language.
- Warnings may be disseminated by using SMSes, WhatsApp etc.
- Keep stock of ORS packets at health centers and anganwadis.
- School timings should be re-scheduled to avoid peak heat/ midday. Schools may start early and close before noon.
- Large-scale setting up of drinking water stations (kiosks) at public places.
- Setting up special shelters for MNREGA/construction workers and rescheduling their working hours.
- Undertake local thresholds assessment with the partnership of expert institutions.

District level

- Undertake awareness campaign to inform and educate the public on Heat wave Do's & Don'ts.
- Undertake precautionary measures of concurrent disaster of COVID-19. Provisions should be made to ensure physical distancing along with the availability of soap, water and sanitising stations.
- Undertake necessary steps to prevent heat-related deaths.
- Hold regular Press conferences on the risks and dangers of heat-related illnesses, activate "cooling centres" such as temples, public buildings, malls, etc. and urge NGOs, community groups and individuals to open drinking water / butter milk kiosks at public places during Heat Wave conditions.
- Urge power companies to prioritise maintaining power supply to critical facilities (such as hospitals and UHCs).

Information and Public Relations (I & PR) Department

- Develop IEC material (posters, pamphlets, leaflets, wall paintings etc.) in local languages and widely publicise them for creating awareness.
- Create public awareness on heat-related illnesses and preventive tips (Do's & Don'ts) through electronic media (TV, FM Radio), print media (News Papers) and Social Media (Facebook, Twitter and WhatsApp).

Medical & Health

- Undertake orientation/training and issue alerts to village level functionaries.
- Adopt Heat focused examination procedures at local hospitals.
- Develop monitoring mechanism for implementation of heat health hospital preparedness plan.
- Deploy additional staff to take care of persons affected due to sunstroke, activate Emergency services and keep an adequate stock of ORS and Intravenous (IV) fluids in all hospitals / PHCs / UHCs.
- Follow a standard protocol for investigating and arriving at the cause of a death.
- Adopt a uniform process for registration of casualties/ deaths due to heat wave.

Municipal corporations

- Identify vulnerable place in the city, town, and slum areas, which are hotspots for heat wave, and ensure drinking water facilities.
- Open parks/open areas during daytime for providing spaces with shade.
- Regular sprinkling of water on roads.
- Construct shelters, sheds at public places and provide access to public parks during the heat wave season.
- Promote cool roofs initiative - paint the roof white, create green roofs and walls, and plant trees in neighbourhood to keep them cool.
- Appropriate planning while constructing new buildings (e.g. in architecture, width/height ratio, street development, orientation and site) in urban areas.
- Ensure capacity building of structural engineers, civil engineers and architects for construction of green buildings, and maintenance and fire safety of structures.
- Ensure construction of green buildings which adhere to environment and building codes.

Labour & Employment department

- Organize awareness camps and publish health advisories on Heat related illnesses for industrial and other labour.
- Direct employers to reschedule working hours for outdoor workers to avoid peak hours (12 Noon to 3 PM).
- Coordinate with health department and ensure regular health check-up of workers.
- Ensure the availability of drinking water and undertake other necessary measures for construction workers.
- Regulate/reduce piece rate for daily wages workers.

Animal Husbandry department

- Preparation, implementation and review of Heat wave action plan to safeguard the cattle.
- Activate field staff and Gaupalaks at village level to create awareness among those with Livestock on Animal Management during Heat wave conditions.
- Create shelters for livestock and animal husbandry and maintain it.
- Pre-positioning of adequate veterinary medicines and supplies.
- Provide and maintain cattle troughs with safe drinking water.

Information Technology (IT) department

- Preparation of dashboard/interface for monitoring Heat wave conditions in the district/state.
- Bulk SMS alerts to be sent through this dashboard/ portal.
- Develop a mobile application for spreading heat-related issues, alerts and information about shelters and drinking water.

Education Department

- Reschedule school timings (restrict school timings between 11 AM and 3 PM, start mid-day schools) and vacations as per the heat wave situation.
- Ensure cool places for all educational institutions, and availability of drinking water facilities.
- Ensure that students avoid outdoor physical activities during the summer. Don't allow open air classes.

PR&RD department

- Implementation of instruction for mainstreaming heat health precautionary measures, including re-scheduling of working hours and reduce piece rate, in all schemes and programmes.
- Restrict the working hours between 11 AM to 3 PM under MGNREGA.
- Ensure shed for resting and drinking water facilities for workers at all work place.

Electricity and power supply department

- Ensure repair & maintenance work on time for uninterrupted power supply.
- Re-schedule load shedding of power to avoid peak heat hour.

Transport Department

- Ensure shelter/shades at Bus terminals/stops.
- Ensure drinking water facilities at major bus stops.
- Ensure facilities for First Aid at major bus stands / terminals. Consider changing bus timings to avoid peak heat hours, in consultation with the district administration.
- Ensure shade and cool jacket for on-duty traffic police as they are more exposed to heat wave.

Divisional Railways Manager

- Repair/maintenance of mechanical/ electrical system on priority basis including fan and cooling system.
- Ensure drinking water facilities in trains and at railway stations.

Forest Department

- Ensure proper afforestation (greenery) at public places.
- Continuous watch in the forest area to avoid forest fires.
- Provide safe drinking water and shade in forest areas.
- Maintain water bodies/ponds in the forest area for wild animals & birds.

Tourism & Endowment Department

- Ensure proper registration of tourists who are visiting the State
- Publicise advisories for tourists on Heat wave conditions in the State.
- Build temporary shaded areas and ensure availability of safe drinking water for pilgrims at religious places.

Heat Wave 2021

DO's and DON'Ts

Must for All

Do's

- Stay at home and listen to radio; watch TV; read Newspaper for updates/advisories on the local weather and COVID-19 situation.
- Drink sufficient water, as often as possible, even if not thirsty. Persons with epilepsy or heart, kidney or liver disease who are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- 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.
- Avoid going out. If it is necessary to go outside, cover your head (cloth/hat or umbrella) and face. Avoid touching any surface, as far as possible.
- Maintain physical distancing at least 1 meter from other persons.
- Wash hands frequently and properly with soap and water. When soap and water is not available, use hand sanitizer.
- Keep separate towels for each member of the house. Wash these towels regularly.

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 the lower floors.
- Use fans, damp clothing and take a bath in cold water frequently to cope up with excess heat.
- If you feel sick -- high fever/throbbing headache/dizziness/nausea or disorientation/continuous coughing/shortness of breath, see a doctor immediately.
- Keep animals in shade and give them plenty of water to drink.

DON'Ts

- Do not go out during the lockdown. If you have to go out for essential work as permitted, try to schedule it during cooler hours of the day. Avoid going out during peak heat hours - especially between 12.00 noon and 3.00 p.m.
- Do not go out barefoot or without a face and head cover.
- Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrate the body.
- Avoid high-protein, spicy and oily food. Do not eat stale food.
- Don't touch your eyes, nose and mouth without washing your hands.
- Avoid close contact with people who are sick.
- Do not go out if you are sick; Stay at home.

Employers and Workers

Do's

- Provide clean and cool drinking water at the workplace.
- Caution workers to avoid direct sunlight. If they have to work in the open (agricultural labourers, MNREGS workers, etc.), ensure that they cover their heads and face at all times.
- Schedule strenuous jobs to cooler times of the day.
- Increase the frequency and length of rest breaks for outdoor activities.
- Give special attention to pregnant workers or workers with a medical condition.
- Make all the workers wear face covers, maintain physical distance of 1-1.5 m from others and practice hand hygiene. Provide soap and water for frequent hand washing. Caution them to not touch their faces without washing their hands.
- Make provision for lunch/dinner space in a manner such that there is a 1-1.5 m distance between two persons.
- Sanitation workers should cover their heads, wear mask and gloves. Don't touch the mask after wearing it. They should wash their hands thoroughly and frequently.
- Once you go home after work, take a bath and wash your used clothes thoroughly.
- Always follow Social Distancing.
- If someone is sick, he/she must be reported to the duty supervisor.

Don'ts

- Don't spit, smoke or chew tobacco at workplace.
- Don't shake hands or hug others.
- Don't touch your face – especially eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Don't go to work if you are sick; Stay at home.

Police / Traffic Police Personnel

- Wear cool jacket while on duty during the day.
- Stop people/vehicles at a distance from you. Do not touch the documents you are checking. Also avoid touching any surface, as far as possible.
- As far as possible, wash your hand regularly and thoroughly. If soap and water are not readily available, use hand sanitizer. DO NOT touch your face with unwashed hands.
- Wear face mask at all times. Change them periodically and dispose of the used mask safely.
- Drink sufficient water, as often as possible, even if not thirsty.
- Use protective gear – shade, sunglasses, and sunscreen.
- As far as possible, relatively young personnel should be put on traffic duty during the day.
- When you go home after work, take a bath and wash your used clothes thoroughly.

Senior citizens

- Stay indoors as much as possible. Don't go to crowded places like parks, markets and religious places.
- Keep your home cool, use curtains and fans or cooler.
- Maintain hygiene by regularly washing hands, especially before having meals.
- Call a doctor immediately if you feel sick and experience any of the following:
 - High body temperature, with or without body ache
 - Throbbing headache, dizziness, nausea or disorientation
 - Coughing and/or shortness of breath
 - Unusually poor appetite
- If you are looking after a senior citizen:
 - Help her/him in regularly washing hands.
 - Ensure timely meals and water intake.
 - Use a face cover to cover your nose and mouth while attending on him/her.
 - Wash your hands thoroughly before touching him/her.
 - In case you are suffering from fever/ cough / breathing difficulty, don't go near her/him. Try to make someone else attend to him/her during that time.