

State reeling under heat wave and humidity
Advisories issued for public safety

The entire state is reeling under heat wave and humid weather conditions. As per IMD report this condition will continue for some more days. For the information of the public IMD is issuing weather updates from time to time. In view of this heat wave and humid weather the state government has already declared it State Specific Disaster. The district level disaster management authorities have been advised to conduct awareness among the public. The district administration has also been advised to activate the Emergency Operation Centres, and Quick Response Teams and ensure uninterrupted power supply to all areas for safety of the people of the state. In this connection the revenue department, through a press release, has issued advisories for the public which are as follows:

- Avoid going out in the sun especially between 10 am. and 03 pm.
- Drink more water than usual;
- Wear lightweight cotton outfit, use umbrella/ hat while going out in the sun;
- Avoid taking high-protein food and do not eat stale food;
- Use homemade drinks like lassi, lemon water, buttermilk, ORS etc. to keep your body hydrated;
- Keep animals in shade and give them plenty of water to drink;
Farmers are advised to arrange irrigation in maize, pulses, and other crop fields and provide proper shelter animals especially in the afternoon hours.
