

# Get Ready to Beat the Heat



## **Get Ready to Beat the Heat**

Comic book series about 5 major hazards (Cyclone, Domestic Fire, Earthquake, Heatwave and Thunderstorm & Lightning) for spreading awareness amongst children in the age group of 8-13 years.

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### **Published by**

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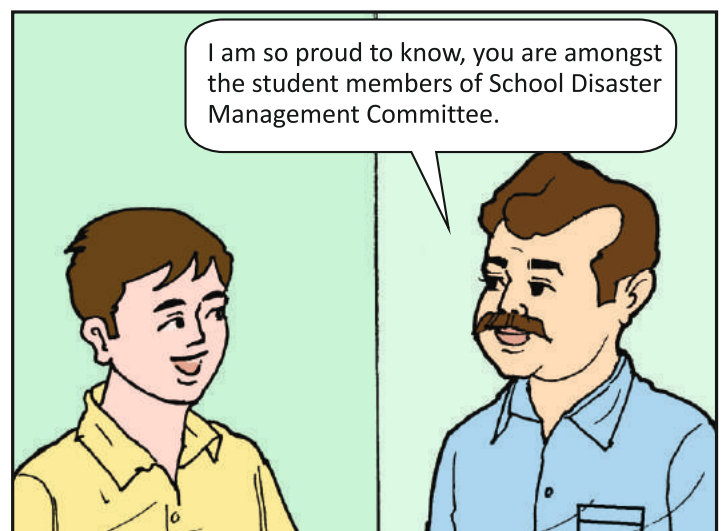
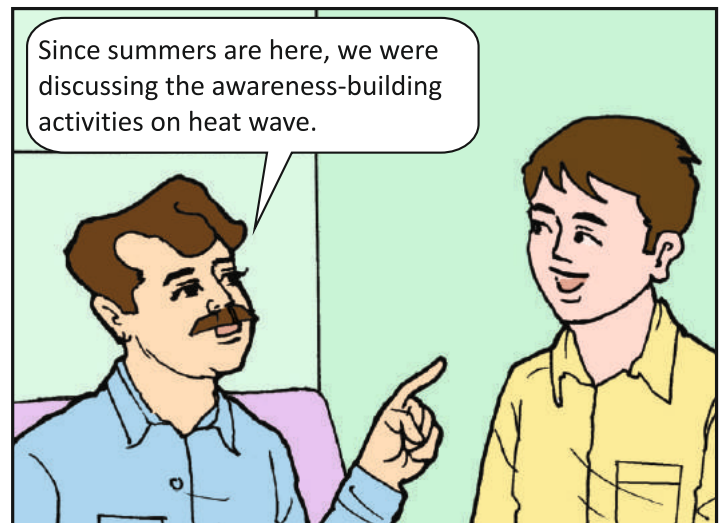
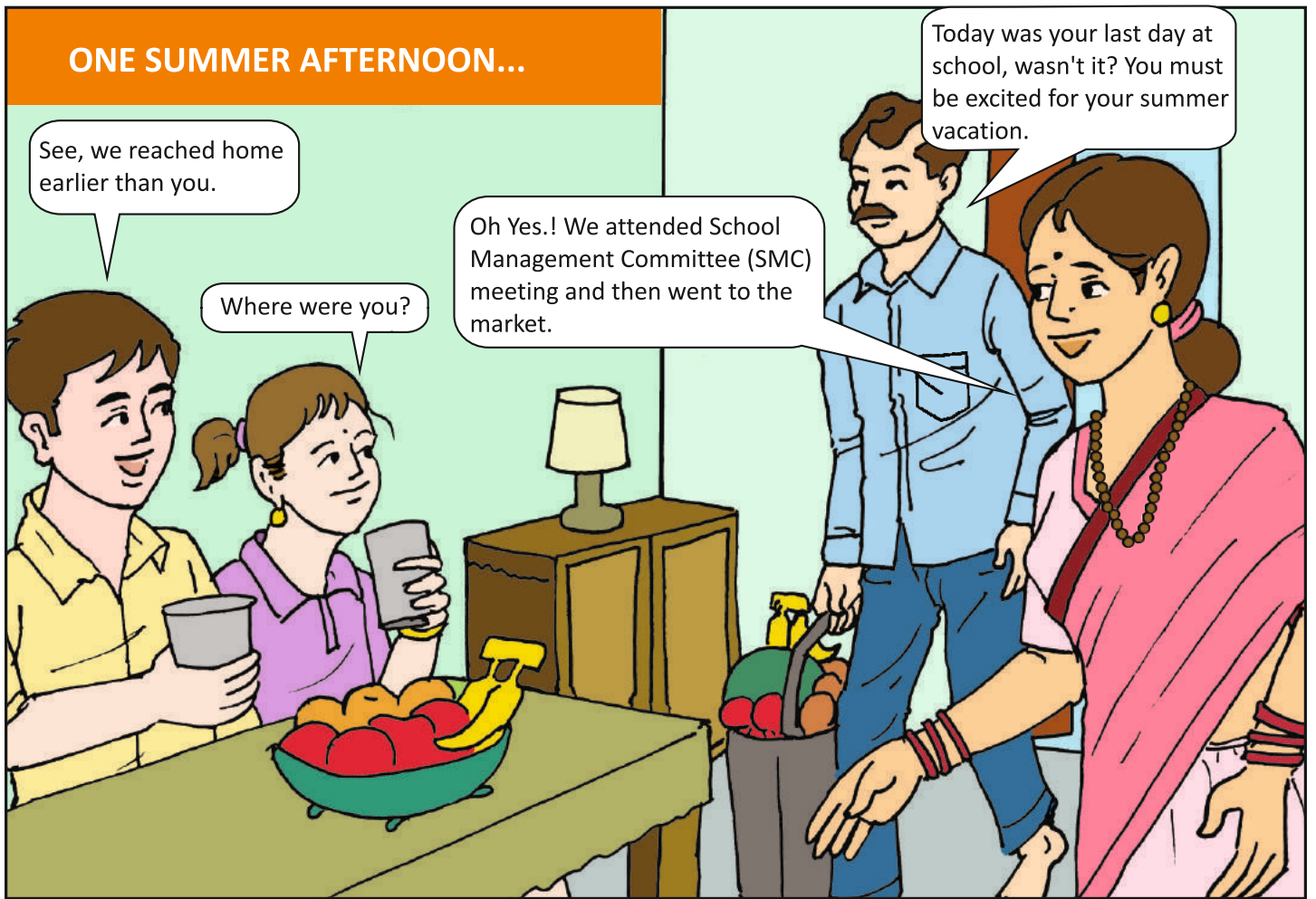
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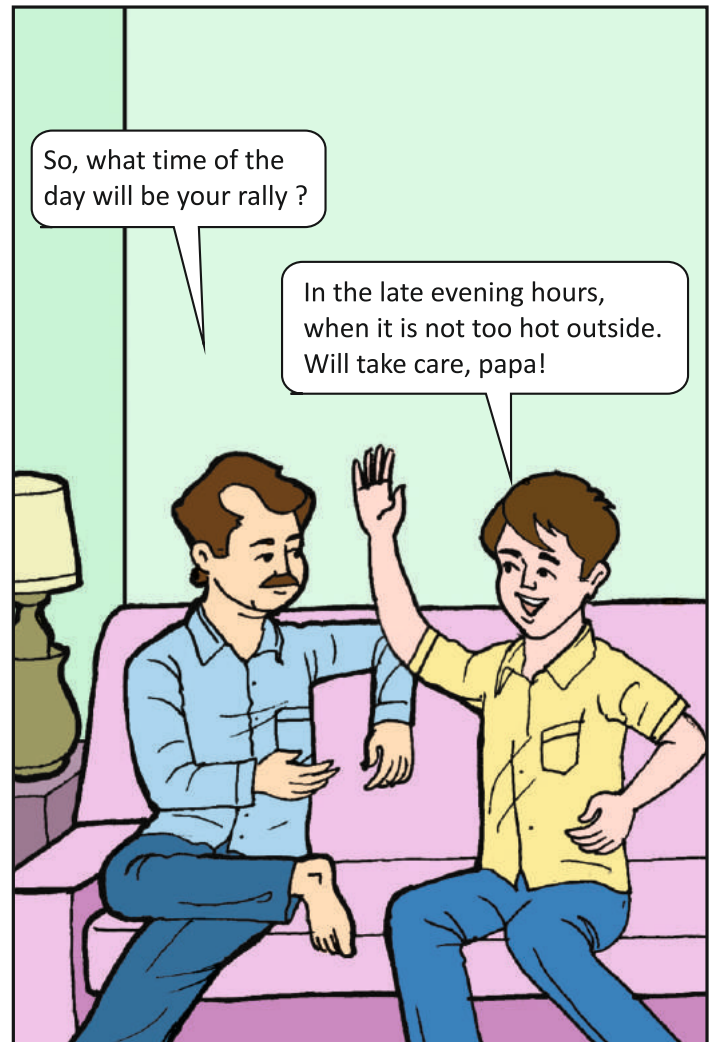


## ONE SUMMER AFTERNOON...

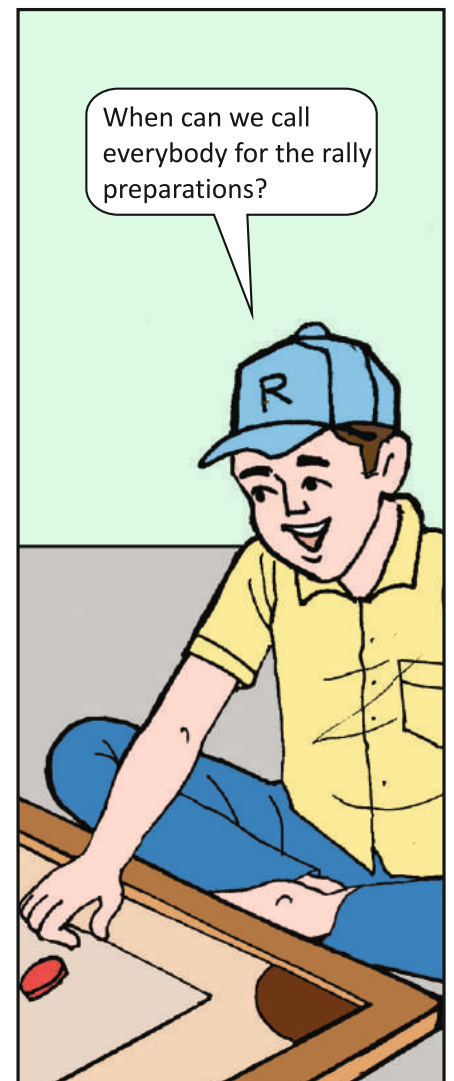




For more information about Peer educators please refer page 13.



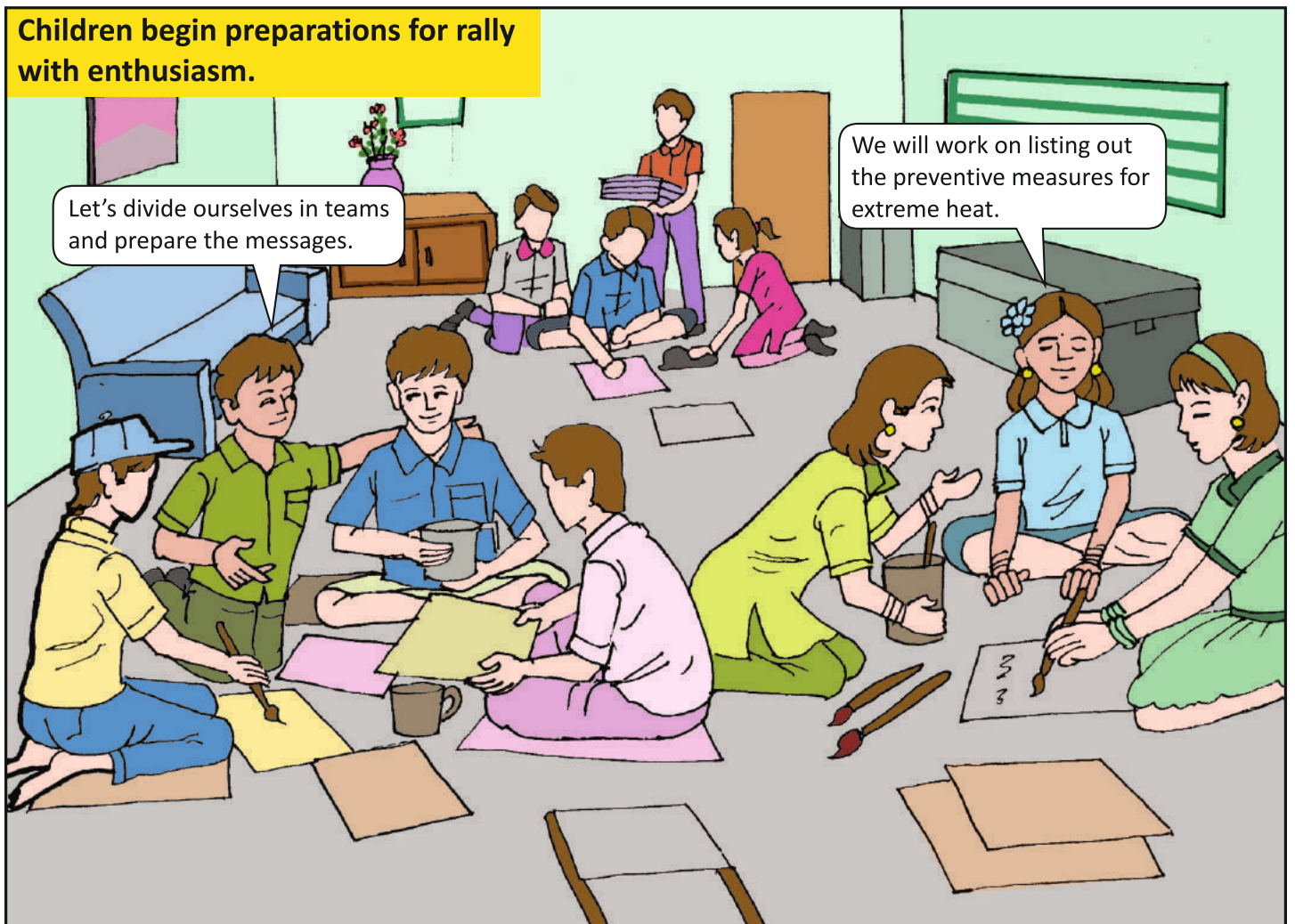








**Children begin preparations for rally with enthusiasm.**









The rally is marching forward through the market...

Drink plenty of water during summers.

Be aware of the extreme heat! Be Prepared!

Drink plenty of water during summer.



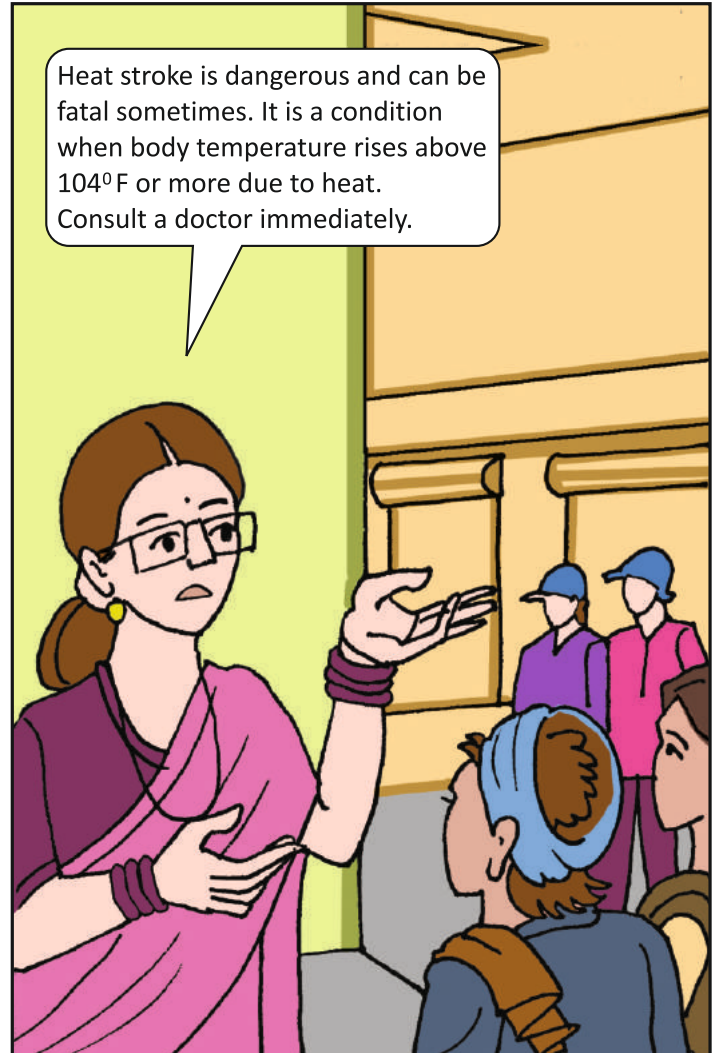
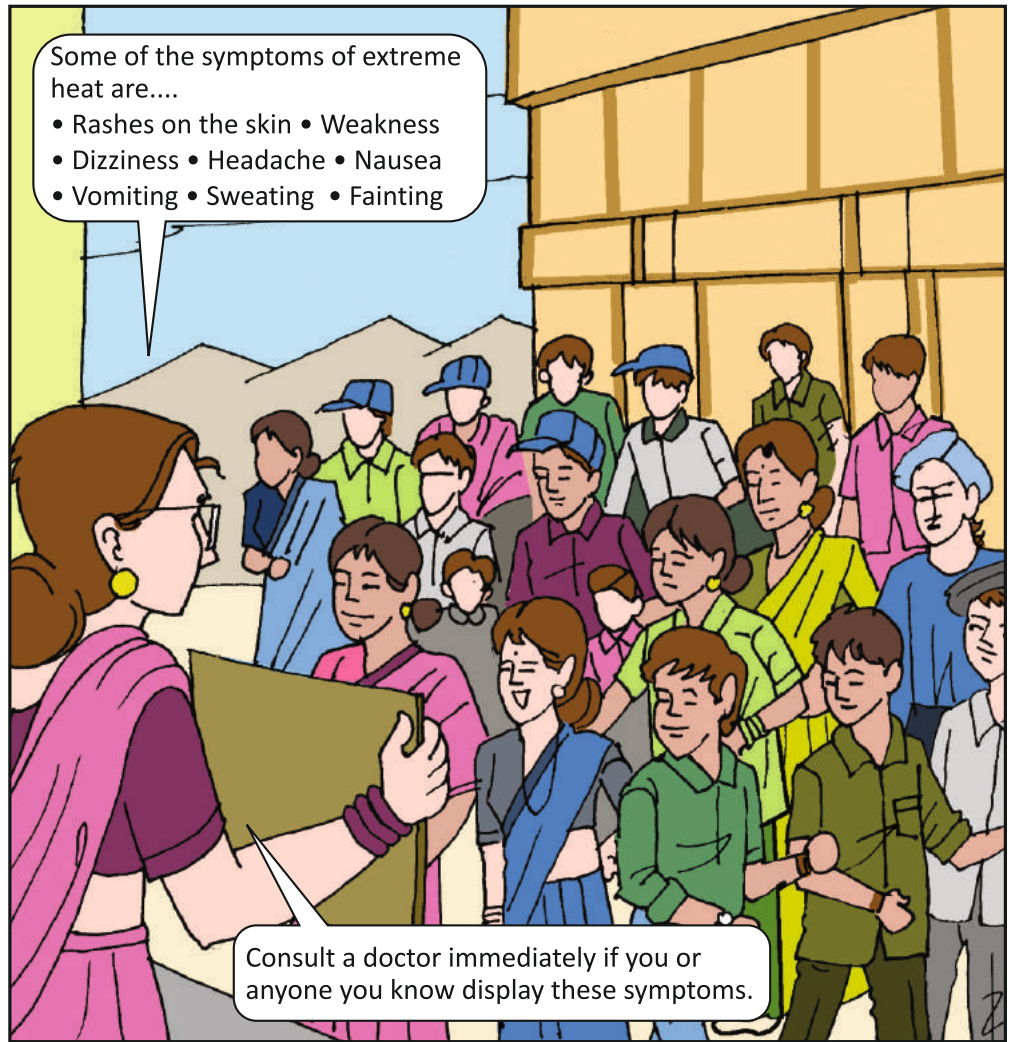
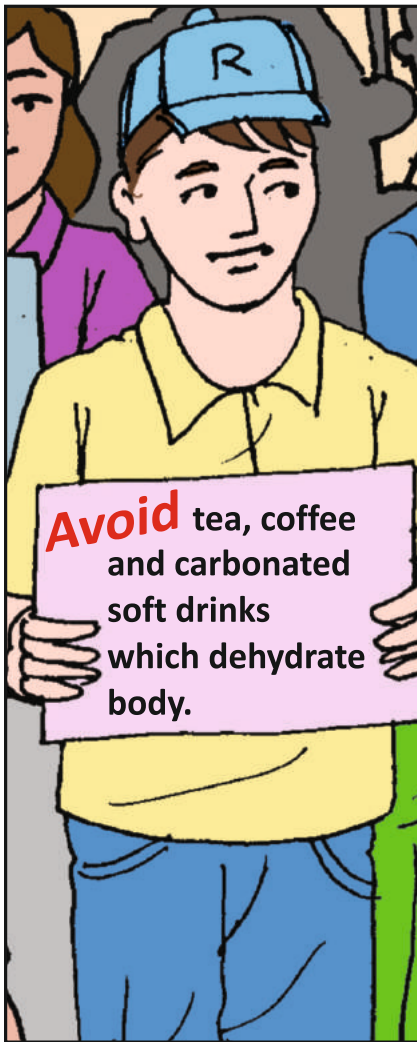
Uncle, please keep yourself updated about extreme heat forecast issued by weather department through radio, television and news-papers.

Stay tuned for weather bulletin

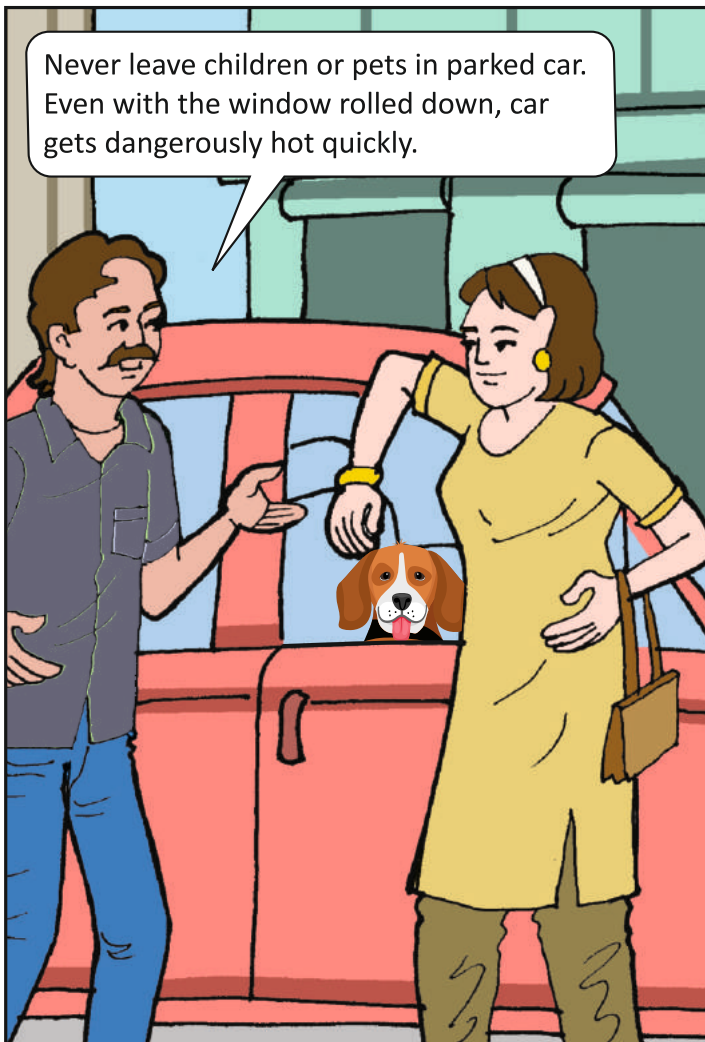
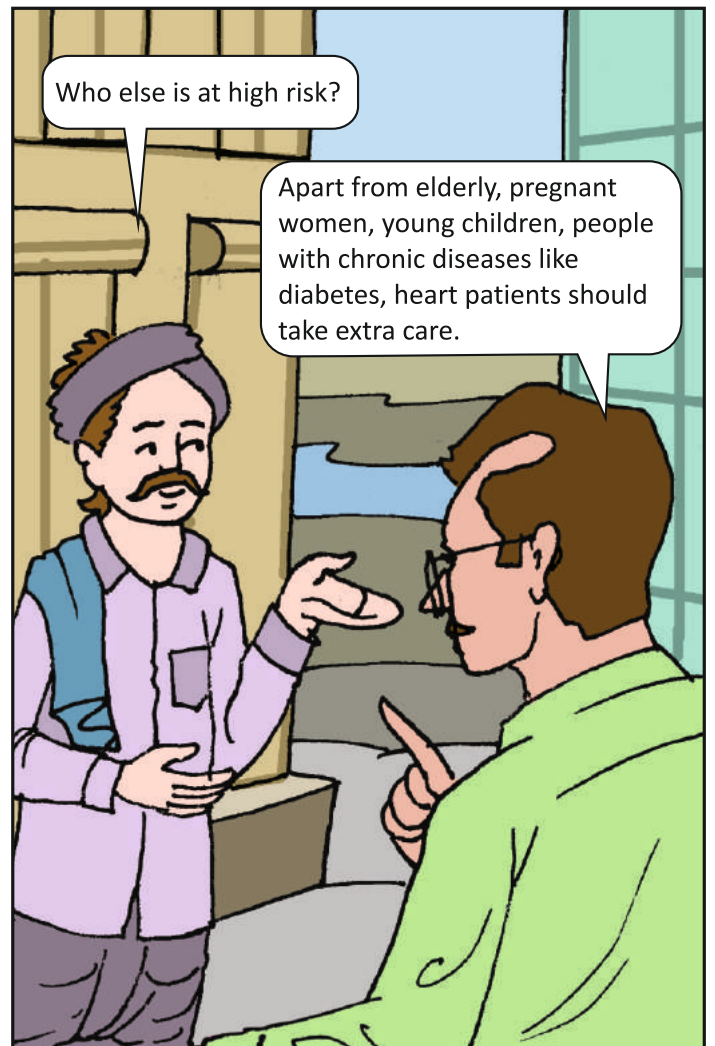
Also, please share the forecast with friends, neighbours, relatives and whoever you meet.









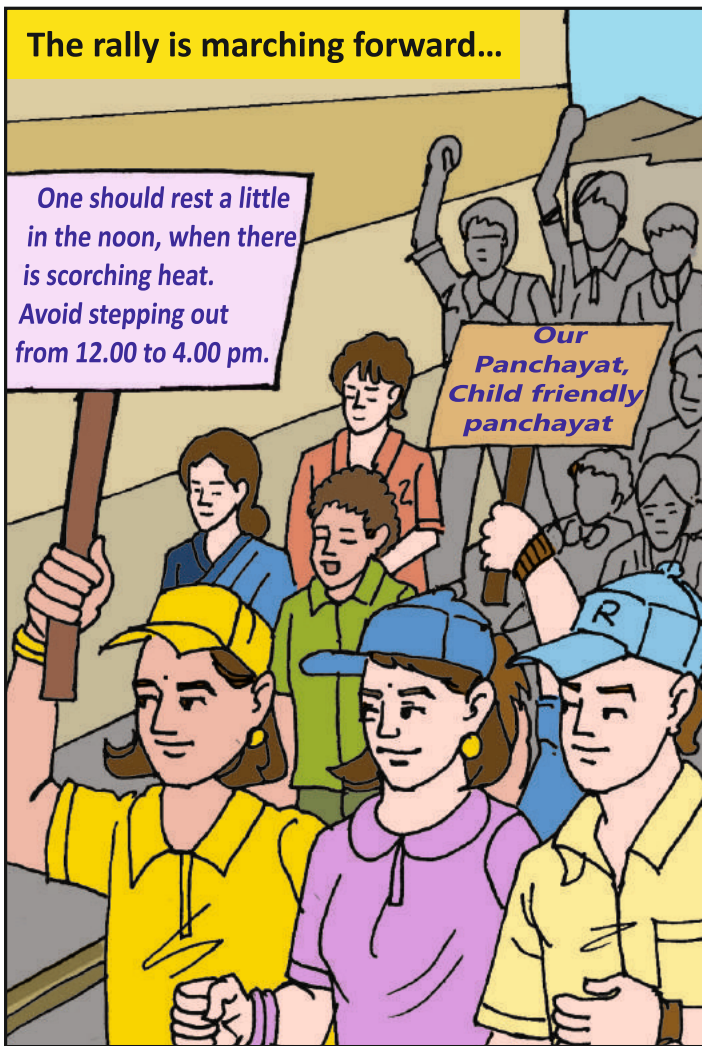




The rally is marching forward...

One should rest a little  
in the noon, when there  
is scorching heat.  
Avoid stepping out  
from 12.00 to 4.00 pm.

Our  
Panchayat,  
Child friendly  
panchayat



Provide them with enough  
water to drink.

Oh... very good! Keep your  
cattle under the shade.

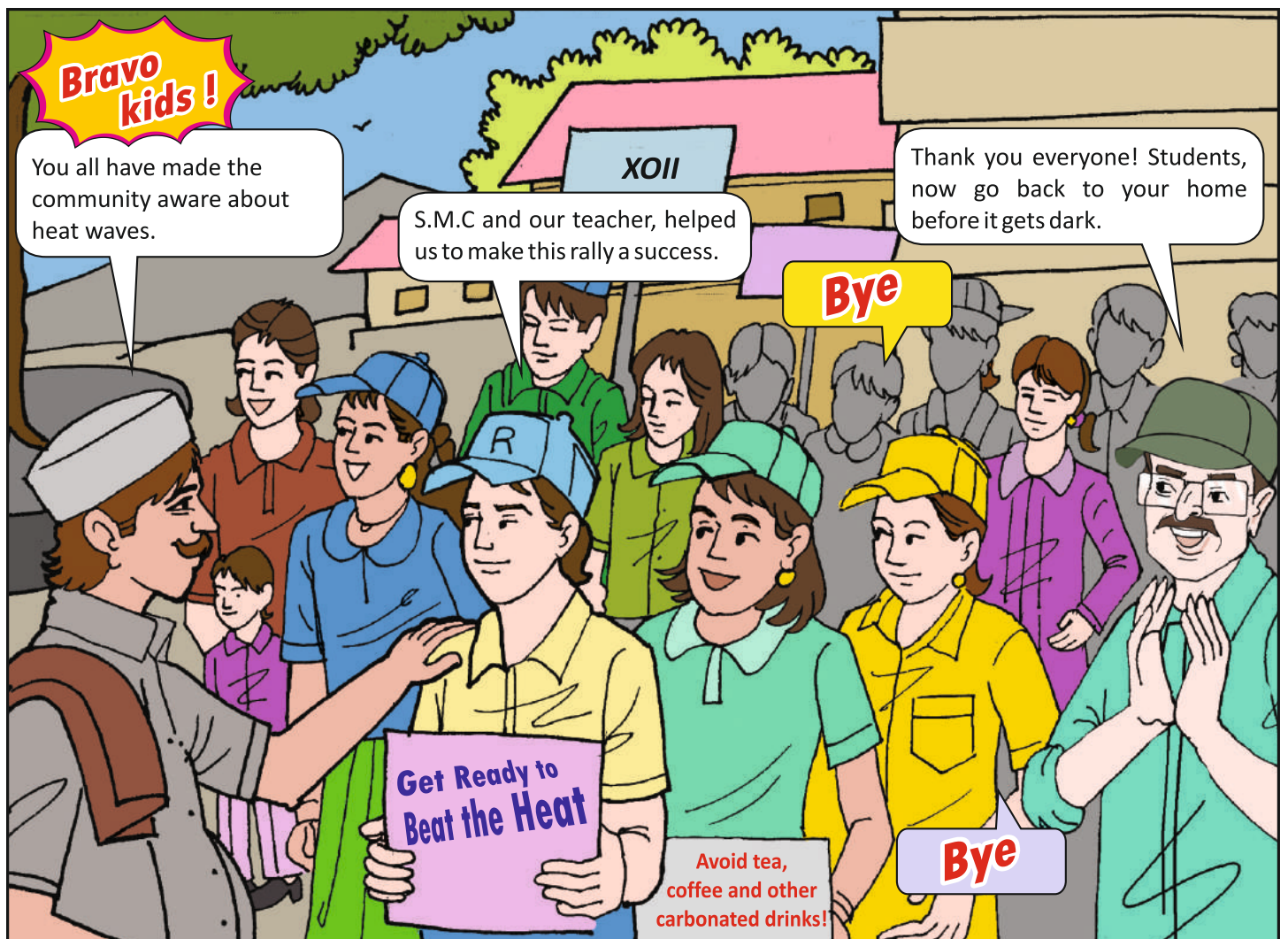


For safety and protection  
against extreme heat, these  
things should be handy.

See Raju, our panchayat is  
a risk informed panchayat.









# Get Ready to Beat the Heat



## Do's

- ✓ Listen to Radio, watch TV, read Newspaper for local weather forecast to know if a heat wave is on the way.
- ✓ Drink sufficient water and as often as possible, even if not thirsty.
- ✓ Wear light weight, light-coloured, loose, and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
- ✓ While travelling, carry water with you.
- ✓ If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.
- ✓ Use ORS, coconut water homemade drinks like lassi, torani (rice water), lemon water, buttermilk, etc. which help to re-hydrate the body.
- ✓ Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures. If you feel faint or ill, see a doctor immediately.
- ✓ Urine in darker yellow or orangish yellow indicates severe dehydration.
- ✓ Keep animals in shade and give them plenty of water to drink.
- ✓ Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- ✓ Use fans, damp clothing and take bath in cold water frequently.
- ✓ Provide cool drinking water near work place.
- ✓ Caution workers to avoid direct sunlight.
- ✓ Schedule strenuous jobs to cooler times of the day.
- ✓ Increase the frequency and length of rest breaks for outdoor activities.
- ✓ Pregnant workers and workers with a medical condition should be given additional attention.

## Don'ts

- ✗ Do not leave children or pets in parked vehicles.
- ✗ Avoid going out in the sun, especially between 12.00 noon and 4.00 p.m.
- ✗ Avoid wearing dark, heavy or tight clothing.
- ✗ Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 4 p.m.
- ✗ Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
- ✗ Avoid tea, coffee and carbonated soft drinks, which dehydrates the body.
- ✗ Avoid high-protein food (milk, pulses, eggs, fish) and do not eat stale food.

Source : <https://ndma.gov.in/Natural-Hazards/Heat-Wave/Dos-Donts>



## Symptoms and First Aid for various Heat Disorders

Heat Disorder	Symptoms	First Aid
Sunburn/ Heat rash	Skin redness and pain, possible swelling, blisters, fever, headaches.	Take a shower, using soap, to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.
Heat Cramps	Painful spasms usually in leg and abdominal muscles or extremities. Heavy sweating.	Move to cool or shaded place. Apply firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.
Heat Exhaustion	Heavy sweating, weakness, Skin cold, pale, headache and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.	Get victim to lie down in a cool place. Loosen Clothing. Apply cool, wet cloth. Fan or move victim to air-conditioned place. Give sips of water slowly and If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention. Or call 108 for Ambulance.
Heat Stroke (Sun Stroke)	High body temperature (104°F). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.	Heat stroke is a severe medical emergency. Call 108 for Ambulance for emergency medical services or take the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. <b>DO NOT GIVE FLUIDS.</b>

Source : Guidelines for Preparation of Action Plan – Prevention and Management of Heat-Wave 2017  
National Disaster Management Authority, Government of India

### Heat wave :

Heat wave is a period of abnormally high temperatures, more than the normal maximum temperature that occurs during the pre-monsoon summer season. Heat waves typically occur from March to June, and in some rare cases, even extend till July. On an average, five-six heat wave events occur every year over the northern parts of the country. Heat wave is also called a “silent disaster” as it develops slowly and kills and injures humans and animals.

Source : Guidelines for Preparation of Action Plan – Prevention and Management of Heat-Wave 2017  
National Disaster Management Authority, Government of India



**School Management Committee (SMC) :**

As per section-21 of the Right of Children to Free and Compulsory Education Act-2009 of the Government of India coming to force on 1/4/2010; it has been intended to form School Management (SMC) consisting of elected representatives of local authority, parents or guardian of the school children and teachers in the school except non-granted schools.

Source : Government of Gujarat Education Department, Resolution No.PRE-1295-2425-K, Dt.22/03/2011

**Child-Friendly Panchayat :**

The Gram Panchayat should create spaces for children to participate in the governance process. This is how a Child-Friendly Panchayat will evolve. The Gram Panchayat can define strategies to bring children into the focus of all development initiatives. The Gram Panchayat should provide an environment for children that are conducive to carry out their set of processes.

Source : In the Right Direction Aiding Child Friendly Panchayats , Handbook for PRI Functionaries, Published By Department of Rural Development and Panchaya Raj Government of Maharashtra

**Risk Informed Panchayat :**

Disasters are caused as a result of the combination of exposure to hazard, the conditions of vulnerability and inadequate capacity or measures to reduce the risks. Disaster Risk Reduction (DRR) is therefore, considered as an integral part of development planning to lessen the impact of disasters. In this context, integration of child related disaster risk into Gram Panchayat Development Plan (GPDP) is important to lessen the impact of disasters on children. By preparing a child friendly and risk informed GPDP, the Gram Panchayats (GPs) would be able to respond to the needs of the most vulnerable segment of the population i.e. children both during and after disasters.

In order to make the GPDP child friendly and risk informed, the GPs should follow the following few steps:

- a. Preparation of Risk Informed Child Development Plan
- b. Integration of child related risk reduction measures into the GPDP
- c. Approval of Child Friendly & Risk Informed GPDP in the Gram Sabha.

Source : Training Module on Child Friendly & Risk Informed GPDP.  
<http://www.nirdpr.org.in/crru/docs/Governance/TRAINING%20MODULE%20ON%20RISK%20INFORMED%20AND%20CHILD.pdf>



**Peer Educator :**

Peer Educators are students advocating and promoting positive behaviors and providing accurate information. This is done by planning events, facilitating small group conversations, and developing marketing campaigns.

Source : <https://www.fordham.edu/>



# Fun & Learn Activity

Put  on things to do during heat wave condition and  on things to avoid.



☐ Drink plenty of water throughout the day



☐ Wear clothes that cover the arms and legs



☐ Sugary drinks



☐ Carbonated beverages



☐ Take frequent rest breaks in the shade



☐ Apply sun screen



☐ Drink tea or coffee



☐ Wear a hat



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YOU CAN BE A LEADER. AN AWARE AND SAFER COMMUNITY BEGINS WITH YOU.

YOU CAN MAKE A DIFFERENCE.



START TALKING TO YOUR FAMILY, FRIENDS AND TEACHERS ABOUT HOW TO MAKE YOUR COMMUNITY BETTER PREPARED FOR DISASTER RISKS.

BE A PART OF DISASTER MANAGEMENT COMMITTEE IN YOUR SCHOOL.



GET FIRST AID TRAINING.



YOU CAN HELP YOUR SELF AND OTHERS TOO.