

पोर्ट ब्लेयर / Port Blair, दिनांक / dated 25<sup>th</sup> Apr, 2023

To,

- |   |  |    |  |
|---|--|----|--|
| 1 | The Director (I&P)<br>A&N Administration,<br>Port Blair. | 6  | The News Editor,<br>All India Radio, Port Blair.         |
| 2 | The Director,<br>Doordarshan, Port Blair.                | 7  | The Editor,<br>Echo of India, Port Blair                 |
| 3 | The Chief Editor,<br>The Daily Telegrams<br>Port Blair.  | 8  | The Editor,<br>The Aspect, Port Blair.                   |
| 4 | The Editor,<br>Andaman Express, Port Blair.              | 9  | The Editor,<br>Sahil ki Aur, Stewartgunj,<br>S/ Andaman. |
| 5 | The Editor,<br>Light of Andaman.<br>Port Blair.          | 10 | The Editor,<br>Andaman Sheekha,<br>Port Blair.           |

**Sub:** - Publication/telecast the News Item on Safety tips on Hot Weather Condition - reg.

**Sir,**

I am directed to enclose herewith a News Item on Safety tips on Hot Weather Condition for creating awareness among the general public.

It is, therefore, requested to make necessary arrangements for publication/telecast/broadcast of the above said **news item** for the said purpose.

Yours faithfully,

Encl: **A/A**

  
**Sr. Consultant**

**Copy to:**

1. PA to Secretary (DM), A&N Administration for kind information of the Secretary (DM).
2. PA to Director (DM), A&N Administration for kind information of the Director (DM).

  
**Sr. Consultant**

## News Item

### Directorate of Disaster Management issues Safety tips on Hot Weather Condition



From last few weeks temperature was raised drastically due to extended summer season which can be dangerous, especially for vulnerable populations such as the elderly, young children, and people with certain health. Dr. Nitin Shakya, Director (Disaster Management), A&N Administration requested the residents of ANI to follow do's and don'ts on Hot Weather Condition. Here are some do's and don'ts to help you stay safe during Hot Weather Condition:

#### **Do's:**

- **Drink plenty of water:** Stay hydrated by drinking plenty of water and other non-alcoholic beverages throughout the day.
- **Stay in a cool place:** Stay in an air-conditioned environment, or if that's not possible, find a cool, shaded area, such as a tree-covered park or a building with air conditioning.
- **Wear appropriate clothing:** Wear lightweight, loose-fitting, and light-colored clothing to help your body stay cool.
- **Use sunscreen:** Protect your skin from the sun's harmful rays by applying sunscreen with an SPF of 30 or higher.
- **Check on others:** Keep an eye on friends, family, and neighbours who may be more vulnerable to heat-related illnesses.

#### **Don'ts:**

- **Never leave children or pets in hot cars:** Never leave children or pets in a parked car, even for a few minutes.
- **Never Exercise outdoors during peak heat hours:** Avoid outdoor exercise during the hottest parts of the day, typically from 10 a.m. to 4 p.m.
- **Avoid Drinking alcohol:** Avoid drinking alcoholic beverages as they can dehydrate your body and make it harder to regulate your body temperature.
- **Never overexert yourself:** Avoid overexertion, especially during the hottest parts of the day. Take frequent breaks and rest as needed.
- **Never ignore warning signs:** Pay attention to your body and take action if you experience symptoms of heat exhaustion or heatstroke, such as dizziness, nausea, headache, or confusion. Seek medical attention immediately if necessary.