



MOUNT CARMEL SCHOOL, CHANDIGARH

NOTICE

Date: 21-12-2024

Subject: Do's and Don'ts with respect to Cold Wave / Frost.

Dear Parents/Guardian & Students (Classes Pre-Nursery to XII)

Greetings from Mount Carmel School, Chandigarh!

As the winter season is approaching, it is imperative to take proactive measures to ensure the safety and well-being of your wards. Kindly adhere to the following Do's and Don'ts of Cold Wave / Frost, issued by the National Disaster Management Authority (NDMA), Govt. of India.

Do's and Don'ts Before Cold Wave / Frost:

- Listen to the radio, watch TV, read newspapers for local weather forecast to know if a cold wave is round the corner.
- Stock adequate winter clothing. Multiple layers of clothing are more helpful.
- Keep emergency supplies ready.
- An increased likelihood of various illnesses like flu, running/ stuffy nose or nosebleed, which usually set in or get aggravated due to prolonged exposure to cold. Consult the doctor for symptoms like these.

Do's and Don'ts During Cold Wave / Frost:

- Follow weather information and emergency procedure information closely and act as advised.
- Stay indoors as much as possible and minimise travel to prevent exposure to cold wind.
- Wear multiple layers of loose fitting, lightweight, windproof warm woollen clothing rather than one layer of heavy clothing. Tight clothing reduces blood circulation.
- Keep yourself dry. If wet, then cover your head, neck, hands and toes adequately as the majority of heat loss occurs through these body parts.
- Prefer mittens over gloves. Mittens provide more warmth and insulation from cold, as fingers share their warmth and expose less surface area to the cold.
- Use hats and mufflers to prevent heat loss, Wear insulated / waterproof shoes.
- Eat healthy food to maintain the equilibrium of body temperature
- Eat fruits and vegetables rich in Vitamin-C to maintain adequate immunity.
- Drink hot fluids regularly, as this will maintain body heat to fight cold.
- Moisture your skin regularly with oil, petroleum jelly or body cream.

- Take care of elderly people and children and check on neighbours who live alone, especially the elderly about their well-being.
- Store essential supply as per requirement.
- Follow the guide on heat insulation for non-industrial buildings and take necessary preparedness measures.
- Watch out for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, earlobes and the tip of the nose, while exposed to cold waves.
- Prolonged exposure to cold can turn skin to pale, hard and numb, and black blisters on exposed body parts such as fingers, toes, nose and/ or earlobes. Immediately consult the Doctor.
- Treat the areas affected by frostbite in warm (not hot) water (the temperature should be comfortable to touch for unaffected parts of the body).
- Do not ignore shivering. It is an important first sign that the body is losing heat and is a signal to quickly return indoors.
- Seek medical attention as soon as possible for someone suffering from Frostbite/Hypothermia.
- Severe exposure to cold wave can lead to Hypothermia – a decrease in body temperature which can cause shivering, difficulty in speaking, sleepiness, stiff muscles, heavy breathing, weakness and/or loss of consciousness. Hypothermia is a medical emergency that needs immediate medical attention.
- Consult doctor for symptoms like various illnesses, running/stuffy nose.
- Download NDMA's mobile application: First Aid for Students and Teachers (FAST) for information on first aid. In the case of hypothermia
- Get the person into a warm place and change clothes.
- Warm the person's body with skin-to-skin contact, dry layers of blankets, clothes, towels or sheets.
- Give warm drinks to help increase body temperature.
- Seek medical attention if the condition worsens.
- Avoid prolonged exposure to cold,
- Do not massage the frostbitten area. This can cause more damage.
- Do not ignore shivering. It is the first sign that the body is losing heat - get indoors.
- Do not give the affected person any fluids unless fully alert.

P. John
21/12/24

Dr. Parveena John Singh
Principal