

Over the past few years, summer temperatures have been increasing. The Vidarbha and Marathwada regions in Maharashtra are also prone to heat stress. This pamphlet helps to identify early heat-related symptoms and ways of managing them.

Factors Aggravating Heat Stress in Rural Areas

Vulnerable Groups

Households with tin roofs and inadequate ventilation

Elderly and children below 5 years

Working outdoors during peak heat hours (11am to 4 pm)

Men and Women (30-60 years) engaged in manual work (hard work) such as agriculture, building and road construction etc.

Degraded landscape with low vegetation cover

Villages with no tree cover

Early Symptoms of Heat Stress

Early symptoms of heat stress are easily identifiable

In case of severe symptoms, visit your nearest hospital immediately

Fatigue and Heavy Sweating

Intense Thirst

Small Blisters

Leg Cramps

Hallucinations

Fainting

Heat Stress Can be Prevented by

Use of crop residue to cover tin roofs

Avoid working during peak heat hours

7 to 11 ✓ 11 to 4 ✗ 4 to 6 ✓

Have sufficient drinking water supply at worksite

When travelling and working outside, cover your face and head

Drink sufficient water throughout the day, even if not feeling thirsty

Plant sufficient trees around your house, in the village and on farms