HEAT STRESS SYMPTOMS AND WAYS OF MANAGING THEM

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

- Households with tin roofs and inadequate ventilation
- Working outdoors during peak heat hours (11am to 4 pm)
- Degraded landscape with low vegetation cover

Vulnerable Groups

- Elderly and children below 5 years
- Men and Women (30-60 years) engaged in manual work (hard work) such as agriculture, building and road construction etc.
- Villages with no tree cover

Early Symptoms of Heat Stress

- 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
- Have sufficient drinking water supply at worksite
- Avoid working during peak heat hours
- Drink sufficient water throughout the day, even if not feeling thirsty
- When travelling and working outside, cover your face and head
- Plant sufficient trees around your house, in the village and on farms

In case of severe symptoms, visit your nearest hospital immediately.

Disclaimer: This work was carried out under the Collaborative Adaptation Research Initiative in Africa and Asia (CARIAA), with financial support from the UK Government’s Department for International Development (DfID) and the International Development Research Centre (IDRC), Canada. The views expressed in this work are those of the creators and do not necessarily represent those of DfID and IDRC or its Board of Governors.