

ST. ANNE'S CONVENT SCHOOL, SECTOR 32 C, CHANDIGARH

Dear Parents,

Keeping in view of the increased frequency of heat waves in the recent years and its impact on the health of the citizens a health advisory has been issued by Chandigarh Administration. To mitigate the risks associated with heat waves, we as an institution ask for your cooperation in following the safety guidelines:

Ref: 617-DSE- UT- DEO/UT/A5/2024-25/2384-86

Dates 21/04/2025

DO'S

1. Listen to public addressing system for advance information and advice.
2. Drink sufficient water even if not thirsty.
3. Drink frequently water and salted drinks - Lassi, Lemon Water, Fruit juices, ORS (Oral Rehydration Solution).
4. Wear light weight, light coloured, loose cotton clothes.
5. Keep your head away from direct heat.
6. Use wet clothes, cap, umbrella or glasses.
7. Keep stock of water with you.
8. Stay indoors as much as possible.
9. Keep your home cool, use curtains, shutters or sunshade and open windows at night.
10. Use fans, damp clothing and take bath in cold water frequently.
11. If you feel faint or ill, see a doctor immediately

DON'TS

1. Going out in the sun, especially between 12:00 noon and 3:00 pm
2. Doing strenuous activities when outside in the afternoon.
3. Drinking alcohol, tea, coffee and carbonated soft drinks
4. Leaving children or pets in parked vehicle.
5. Wearing dark coloured, synthetic and tight clothing.
6. Avoid Standing under direct sun.
7. Avoid long drives.
8. Avoid drinking water during unconsciousness.
9. Do not go out barefoot.
10. Avoid cooking during peak hours. Open doors and windows to ventilate the cooking area adequately.
11. Avoid high protein food and do not eat stale food
12. Do not leave children or pets in parked vehicle.

**Sr. Siji Issac
Principal
St. Anne's Convent School.**