



IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



Graphic-e-Health



Edition: 2



Issue: 4



May
2026



THEME

**HEAT SE JEET:
SIP WATER, SKIP
HEATSTROKE**

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Dr. Krupal Joshi

Chief Coordinator

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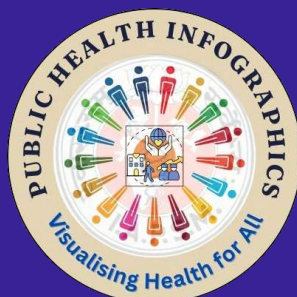
Infographics iapsm



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Channel: IAPSM Public Health Infographic



MORE INFO





IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



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HEAT SE JEET

Sip Water, Skip Heatstroke



HEAT RELATED ILLNESSES RECOGNITION TO RESPONSE

Sip water. Stay cool. Skip heatstroke



Heat Stroke



Hyperpyrexia



Exhaustion



Heat Cramps



Heat Syncope



Dry Skin



Confusion



High body temperature



Profuse Sweating



Loss of Consciousness



Convulsions



COOL FIRST, TRANSPORT SECOND



1. Early recognition



2. Rapid cooling



3. Supportive care

PREVENTION



Sip Water,
ORS



Stay in
Shade



Light
Clothing



Regulation
of Work



Indoors

NATIONAL PROGRAMES

- National Action Plan on Heat-Related Illnesses
- National Programme on Climate Change and Human Health



INCASE OF EMERGENCY



Call 108



Visit nearyby
hospital



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SOURCE: https://ncdc.mohfw.gov.in/uploads/resource/1769333089_Emergency-Cooling-for-Severe-Heat-Related-Illnesses_March2024_NPCCHH.pdf

Park Textbook of Preventive and Social Medicine Edition 28





HEAT SE JEET

SIP WATER • SKIP HEAT STROKE



1 HEAT KILLS GLOBALLY

489,000

DEATHS/YEAR

linked to heat globally during 2000–2019



Extreme heat is a silent killer. Protect yourself.

2 HEATWAVES ARE INCREASING IN INDIA

682

HEATWAVE DAYS

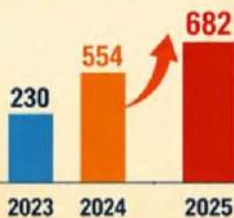
observed over India in

2025

compared with

554 in 2024

230 in 2023



More heatwaves. More risk. More reason to stay safe.

3 SIP WATER. STAY SAFER.

DRINK
1 CUP
OF WATER
EVERY
15-20
MINUTES

DURING WORK
IN HEAT



DON'T EXCEED

6 CUPS/HOUR

Sip smart, not too much.

BEWARE...HEAT ILLNESS CAN ESCALATE FAST!

1 HEAT STRESS/OVERHEATING



WARNING

- EXCESSIVE SWEATING
- THIRST
- HEADACHE
- DIZZINESS
- FATIGUE / WEAKNESS

2 HEAT CRAMPS/FAINTING



ACT EARLY

- MUSCLE CRAMPS / SPASMS
- HEAT RASH / RED BUMPS
- DIZZINESS / LIGHTEADEDNESS
- FAINTING
- PAINFUL CRAMPS AFTER SWEATING

3 HEAT EXHAUSTION



URGANCY

- HEAVY SWEATING
- WEAKNESS
- NAUSEA / VOMITING
- FAST, WEAK PULSE
- COOL, MOIST SKIN

4 HEAT STROKE



EMERGENCY

- VERY HIGH BODY TEMPERATURE
- CONFUSION / DISORIENTATION
- HOT, RED, DRY OR DAMP SKIN
- FAST, STRONG PULSE
- COLLAPSE / UNCONSCIOUSNESS

5S PROTOCOL TO SKIP HEAT STROKE

1 SIGNS RECOGNIZE EARLY DANGER



2 SLOW DOWN AVOID PEAK HEAT & HEAVY EXERTION



3 SHADE MOVE TO COOLER PLACES



4 SIP DRINK WATER / ORS BEFORE THIRST



5 SEEK HELP CALL 108 IF SYMPTOMS WORSEN



+ FIRST AID IF HEAT STROKE IS SUSPECTED

1 MOVE



Move to shade or a cool place.

2 LOOSEN



Loosen/remove excess clothing.

3 COOL



Cool quickly: wet cloth + fan + ice packs on neck, armpits, groin.

4 SIP



Give water/ORS only if conscious and able to drink.

5 CALL



Call 108 immediately and stay until help arrives.

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ASSISTANT COORDINATORS :
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SOURCES

WORLD HEALTH ORGANIZATION (WHO). HEAT AND HEALTH FACT SHEET. [HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/CLIMATE-CHANGE-HEAT-AND-HEALTH][HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/CLIMATE-CHANGE-HEAT-AND-HEALTH]
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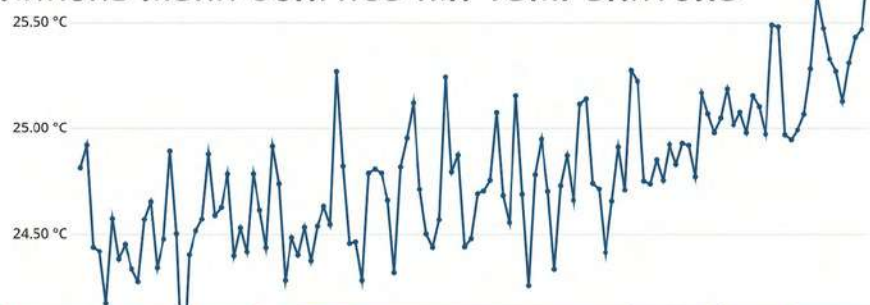
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Sip Water, Skip Heatstroke

Stay Cool - Stay Hydrated

ANNUAL MEAN SURFACE AIR TEMPERATURE



India is *Heating* up



HUMAN HEALTH RISKS

HEAT STROKE

(A Medical Emergency):
Body Temp $\geq 40^{\circ}\text{C}$ (104°F), Delirium, Seizures, Coma (Potentially fatal)

HEAT EXHAUSTION:

Heavy sweating, weakness, dizziness, headache, nausea, weak pulse

HEAT CRAMPS & SYNCOPE:

Painful muscle spasms, swelling (oedema), fainting (low-grade fever)

AGRICULTURAL & ENVIRONMENTAL STRESS

REDUCED CROP YIELDS:

High temps limit growth, affecting shoot assimilation & total dry weight

LIVESTOCK & POULTRY DISTRESS:

Suppressed growth, poor feed conversion, reduced immune response

ESCALATING FOREST FIRE RISKS:

21.4% of India's forest area vulnerable (over 1.5 lakh sq. km)

STAY IN SHADE

- Avoid direct sun between 12 PM to 4 PM.
- Use an umbrella, hat or cap when outside.

STAY HYDRATED

- Drink 8-10 glasses of water daily.
- Carry a water bottle wherever you go.

EAT LIGHT & NUTRITIOUS FOOD

- Eat fruits, salads, buttermilk, coconut water and light meals.
- Avoid oily, spicy and heavy food.

WEAR LIGHT CLOTHES

- Wear light-colored, loose and breathable clothes.
- Cotton is your best friend!

PROTECT YOURSELF

- Apply sunscreen (SPF 30 or more).
- Wear sunglasses to protect your eyes.

PLANT MORE TREES

- More trees mean more shade and clean air.
- Let's protect nature to protect ourselves.

HEAT CAN AFFECT EVERYONE

Elderly people, children, pregnant women and outdoor workers are at higher risk.

SIGNS OF HEAT STROKE

- High body temperature
- Headache, dizziness
- Nausea or vomiting
- Red, hot & dry skin
- Confusion
- Rapid heartbeat

WHAT TO DO (FIRST AID)

- Move to a cool place.
- Remove tight or heavy clothing.
- Cool the body with wet cloth.
- Give water or ORS to drink.
- Seek medical help immediately if serious.

Call Emergency Helpline

108
in any serious condition.

OUR PLEDGE



We will stay hydrated.



We will plant more trees.



We will take care of our health.



We will look out for others.



We will keep our environment clean.

Stay Cool, Stay Safe, Stay Healthy!

GOVERNMENT OF INDIA KEY ACTIVITIES

- National Action Plan on Heat Related Illness (2021)**
Provides a framework for prevention, preparedness, and response to reduce the impact of heatwaves on public health.

- National Programme on Climate Change and Human Health (NPCCHH, NCDC)**
In collaboration with partners, NPCCHH (NCDC) has developed district level climate and health risk assessment for country to identify vulnerable populations and plan local actions.

OTHER MEASURES TAKEN BY GOVERNMENT OF INDIA



Heatwave Early Warning System (IMD)
India Meteorological Department (IMD) issues heatwave alerts up to 5 days in advance to help states and communities prepare.



Jal Jeevan Mission & Urban Water Initiatives
Ensuring access to safe drinking water to prevent dehydration during extreme heat.



Risk Communication & Public Awareness
Doordarshan, All India Radio, social media and community outreach on precautions during heatwaves.



Strengthening Health System Preparedness
Training of health workers, ensuring availability of medical supplies, ORS, fluids and setting up of heatstroke management facilities.



Heat Action Plans (HAPs)
Guidelines issued to states and cities for preparing and implementing Heat Action Plans at local level.



Green India & Urban Heat Mitigation
Promoting plantation, urban green spaces and cool roof initiatives to reduce heat.



Advisories for Schools, Workplaces & Vulnerable Groups
Guidelines issued for schools, construction workers, elderly, children and outdoor workers to reduce heat exposure.



Surveillance & Research
Monitoring heat-related illness and deaths through Integrated Disease Surveillance Programme (IDSP) and supporting research on climate and health.

Sources :

World Health Organization (WHO) : <https://www.who.int>

National Disaster Management Authority (NDMA) : <https://ndma.gov.in/Natural-Hazards/Heat-Wave>

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<https://www.dataforindia.com/temperature-trends-in-india/>

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Co- Chairperson : Dr Krupal Joshi

Chief Coordinator : Dr Krishna Jasani

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Scan for more info





HEAT SE JEET

SIP WATER • SKIP HEATSTROKE



4,89,000+ DEATHS/YEAR
LINKED TO HEAT
GLOBALLY

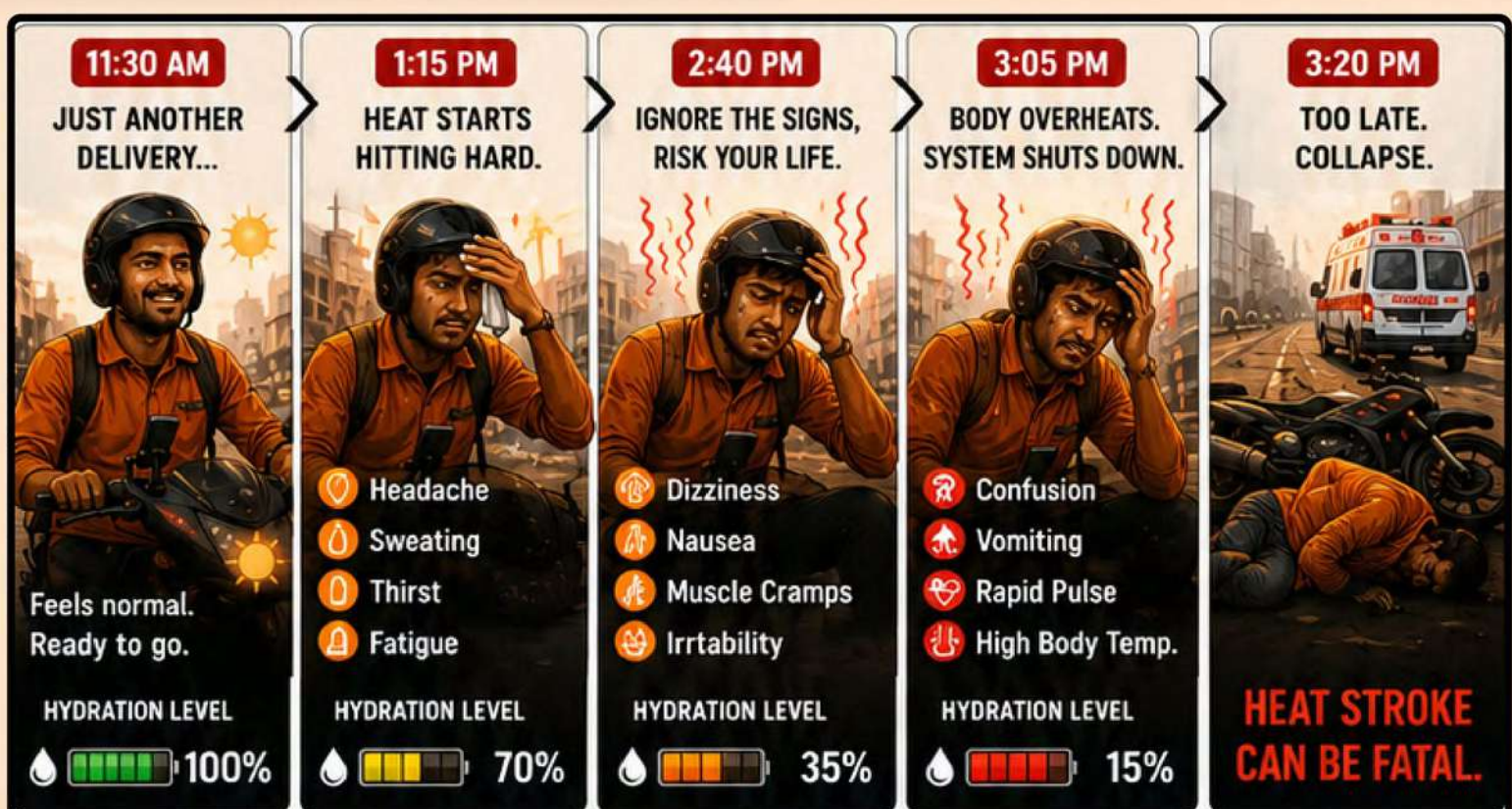


HEATWAVE DAYS IN
INDIA INCREASED 2.5×
IN THE LAST DECADE



OUTDOOR WORKERS
FACE 2-3× HIGHER RISK
OF HEAT ILLNESS

THIS GIG WORKER'S STORY IS FICTIONAL
BUT DANGER IS REAL



FIRST AID IN HEAT STROKE PATIENT



MOVE TO SHADE
MOVE THE PERSON AWAY FROM HEAT IMMEDIATELY.



SIP WATER / ORS
ONLY IF CONSCIOUS.



LOOSEN CLOTHES
HELP THE BODY COOL FASTER.



COOL THE BODY
WET CLOTH, FAN, COOL WATER ON NECK/ARMPITS.



SEEK MEDICAL HELP
HEAT STROKE CAN BECOME FATAL QUICKLY.

PREVENTION OF HEAT STROKE



SIP WATER
BEFORE THIRST AND SIP REGULARLY



AVOID PEAK HEAT
LIMIT OUTDOOR WORK BETWEEN 12 PM TO 4 PM



COVER UP
WEAR LIGHT CLOTHING, CAP AND SUNGLASSES



REST IN SHADE
TAKE FREQUENT BREAKS IN COOL PLACES



AVOID ALCOHOL, CAFFEINE & ENERGY DRINKS

HEAT STROKE DOESN'T WAIT, NEITHER SHOULD YOU
SIP WATER • SAVE TIME • SAVE LIFE

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HEAT SE JEET

One sip at a time!



A Summer Guide to Combat the Heat!



INDIA IS BURNING HOT !!



High-risk states (over 40°C) Many parts of Central India and adjoining North peninsular India



32-40°C: Rest of the states except parts of Jammu & Kashmir, Himachal Pradesh, Northeast, South Kerala, and South Tamilnadu

98 /100

of the World's hottest cities are reported in India at present!



2026: Super El-Niño Year!

May-July 2026: Above Normal heat wave days across East, Central and North-west India

Know What Heat Does to You to Beat It!

Heat Cramps

Body Temp <39°C

Muscle cramps



Ankle swelling



Alert & Conscious



Heavy sweating



Action: Rest and Rehydrate

Heat Exhaustion

37 to 40°C

Headache Dizziness



Profuse sweating



Nausea



Skin cool and pale



Action: Cool and monitor

Heat Stroke

≥40°C - EMERGENCY

Confusion/ Delirium



Skin: HOT & DRY



Seizures Unconscious



No sweating



Action: Call 108 immediately

Hydration Is Your Shield!

Sip at least 2-3 L per day.



Don't wait to feel thirsty.

✓ THESE GUARD YOU!

- Plain water, ORS, Coconut water
- 12-4 PM stay Indoors
- Light clothing
- Frequent baths
- Check on elderly, children



✗ THESE HARM YOU!

- Alcohol and caffeine
- Skip water if not thirsty
- Outdoor exercise 11-4PM
- Ignoring early symptoms
- Leave child/elderly in parked cars



+ FIRST AID: If someone collapses in the heat...

Call For help



Move to shade



Cool the body



NO ORAL FLUIDS if unconscious or confused

Transport to nearest hospital



GOVERNMENT GUIDELINES

- ORS at all PHCs
- Heatstroke reporting to IHIP portal from March.
- Dedicated heat rooms in district hospitals.

Stay hydrated.
Stay aware.
Stay Healthy!

Emergency: 108
NDMA Helpline: 1078



Scan For NDMA Heatwave Guide

TEAM - IPHI

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HEAT SE WAVE



SIP WATER, SKIP HEATSTROKE

STAY COOL. STAY HYDRATED. STAY SAFE



1. INDIA IS HEATING UP



India has warmed by 1.1 C since 2001
Heatwaves are more frequent, longer
and more intense
Urban area can be 2-5 C hotter

WHO IS AT RISK?



OUTDOOR WORKER



ELDERLY >60YRS



CHILDREN



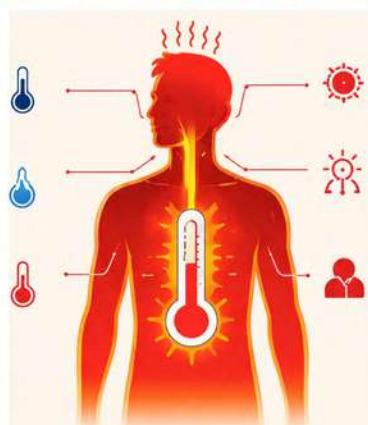
PEOPLE WITH
CHRONIC
ILLNESS (DM,
HTN,CVD)

2. WHAT HAPPENS IN HEATSTROKE?

BODY LOSES WATER
AND ELECTROLYTES
THROUGH SWEAT

SWEATING STOPS
AND BODY CANNOT
COOL DOWN

CORE BODY
TEMPERATURE
RAISES RAPIDLY
(>40 C)



BLOOD FLOW TO BRAIN
IS AFFECTED

CONFUSION,
DIZZINESS,
IRRITABILITY

MAY LEAD TO ORGAN
FAILURE, SEIZURE,
COMA AND EVEN
DEATH

3. DANGER SIGNS - ACT FAST!



High body
temperature
(> 40°C)



Confusion,
dizziness,
headache



No sweating,
dry & hot
skin



Nausea,
vomiting



Seizures or
unconsciousness



HEATSTROKE IS A MEDICAL EMERGENCY.
DELAY CAN BE DEADLY.

4. PREVENTION = VICTORY



SIP WATER
REGULARLY
Don't wait
for thirst



USE ORS /
ELECTROLYTES
Especially during
outdoor work



AVOID PEAK
SUN HOURS
(11 AM - 4 PM)



WEAR LIGHT,
LOOSE, COTTON
CLOTHES



TAKE REST
IN SHADE



EAT LIGHT,
FRESH FOOD
(Fruits, Salads,
Buttermilk)



AVOID ALCOHOL,
CAFFEINE &
EXCESS SUGARY
DRINKS



STAY UPDATED
ON WEATHER
ALERTS

5. FIRST AID - WHAT TO DO?



MOVE THE
PERSON TO A
COOL PLACE OR
SHADE



LOOSEN TIGHT
CLOTHES



APPLY COLD
COMPRESS



IF CONSCIOUS,
GIVE COOL
WATER OR ORS
IN SMALL SIPS



SEEK IMMEDIATE
MEDICAL CARE/
REFER TO
HOSPITAL

DO NOT

- DO NOT give anything to an unconscious person
- DO NOT delay medical care
- DO NOT leave the person alone

6. PUBLIC HEALTH ACTION PLAN - A COMMUNITY SHIELD



HEAT ACTION PLANS
EARLY WARNING & RESPONSE
SYSTEM



WATER HYDRATION
STATIONS
IN PUBLIC PLACES AND
WORKSITES



PROTECT OUTDOOR
WORKERS
WORK-REST CYCLES, SHADED
BREAKS



URBAN GREENING & COOL
ROOFS
REDUCE HEAT ABSORPTION



COMMUNITY
AWARENESS
SCHOOLS, NGO, MEDIA &
LOCAL LEADERS

HEAT WAVES ARE PREVENTABLE. TOGETHER, WE CAN SAVE LIVES.



CHECK THE WEATHER. PLAN YOUR DAY. HYDRATE. PROTECT. PREPARE.

BEAT THE HEAT - EVERYDAY!

- ✓ HYDRATE
- ✓ REST IN SHADE
- ✓ WEAR LIGHT DRESS
- ✓ EAT RIGHT
- ✓ STAY INFORMED
- ✓ STAY SAFE



IN CASE OF EMERGENCY



CALL YOUR
DOCTOR OR
NEAREST HOSPITAL

NATIONAL EMERGENCY NUMBER

112



CHECK DAILY
HEATWAVE
ALERTS FROM IMD



Scan the QR code
for hydrations tips
and heat safety
guide

Sources

World Health Organization (WHO): <https://www.who.int>

Indian meteorological Department (IMD): https://mausam.imd.gov.in/responsive/heatwave_guidance.php

National Disaster Management Authority (NDMA): <https://ndma.gov.in/Natural-Hazards/Heat-Wave>

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HEAT SE JEET: SIP WATER, SKIP HEATSTROKE



➤ Stay Hydrated. Stay Safe. Stay Ahead of Heat ➤



Heatstroke is a serious, preventable condition caused by prolonged exposure to high temperatures and dehydration.

YOUR BEST DEFENSE? ADEQUATE HYDRATION.



WHAT IS HEATSTROKE?



≥40°C

Heatstroke occurs when the body overheats (≥40°C) and is unable to cool down. It can cause organ damage and can be fatal if not treated promptly.

WARNING SIGNS



High body temperature (≥40°C)



Hot, dry skin or profuse sweating



Headache, dizziness, confusion



Rapid pulse.



Nausea, vomiting.



Fainting or loss of consciousness.

PREVENT HEATSTROKE



Sip water regularly throughout the day.



Drink 2.5 – 3.0 litres of water daily.



Wear light-colored, loose-fitting cotton clothes and a wide-brimmed hat.



Avoid direct sun exposure, especially between 11 AM – 4 PM.



Take breaks in shade or cool places.



Eat light, water-rich foods like fruits, salads, buttermilk, and water-rich vegetables.



Avoid strenuous outdoor activities during peak heat.

HYDRATION GUIDELINE

(As per ICMR-NIN guidelines)



General Population
2.5 – 3.0 litres
of fluids per day



Moderate work
+0.5 – 1.0 litre/hour



Heavy work
+1.0 – 1.5 litre/hour



Vigorous exercise
+1.0 – 2.0 litre/hour



Water is the best choice.
Avoid sugary drinks, alcohol
and excessive caffeine.

WHEN TO SEEK IMMEDIATE MEDICAL HELP



If body temperature is ≥40°C.



If the person is confused, unconscious or not responding.



If vomiting persists or unable to drink fluids.



If symptoms worsen or do not improve within minutes.



SIP WATER. STAY COOL. PROTECT YOURSELF AND OTHERS.

**MAKE HYDRATION A HABIT.
PREVENT HEATSTROKE. SAVE LIVES.**



WHEN IN DOUBT, DRINK ORS!

Oral Rehydration Solution (ORS) helps replace lost fluids and electrolytes, keeps you hydrated and saves lives.



Make ORS at home
(1 Litre of Safe Water)

- 6 level teaspoons of sugar
- 1/2 level teaspoon of salt
- Mix well till it dissolves
- Give small sips frequently

Use within 24 hours

Best for:

- ✓ Heat exhaustion
- ✓ Vomiting
- ✓ Diarrhoea
- ✓ Excessive sweating
- ✓ Dehydration

CREATED BY:

DR SONAM SINGH
JUNIOR RESIDENT 3RD YEAR
MLN MEDICAL COLLEGE
PRAYAGRAJ, U.P

SOURCE OF INFORMATION:

- ICMR-NIN Guidelines on Heat Stress and Hydration
<https://www.nin.res.in>
- World Health Organization (WHO)
<https://www.who.int>

TEAM - IPHI

Chairperson - Dr. Annarao Kulkarni
Co-Chairperson - Dr. Krupal Joshi
Chief Coordinator - Dr. Krishna Jasani
Assistant Coordinator -
Dr. Kushant Bhatt, Dr. Nanda Kumar, Dr. Nidhi Patel



HEAT SE JEET

SIP WATER , SKIP HEATSTROKE



1. WHAT IS HEATSTROKE?

Body temperature rises above 40°C due to prolonged heat exposure, leading to dehydration and possible organ damage.



2. KNOW THE DANGER SIGNS

Mild symptoms



Heavy sweating



Headache



Dizziness



Muscle cramps



Thirst

Emergency symptoms



Confusion



Unconsciousness



Seizures



Very high fever



No sweating

Heatstroke is a medical emergency.
Seek immediate care.



3. GOLDEN RULES TO PREVENT HEATSTROKE

1. Drink water frequently
2. Avoid Peak Sun Hours
3. Wear Light Clothing
4. Eat Water-Rich Foods
5. Rest in Cool Places



4. EARLY INTERVENTION - WHAT TO DO IMMEDIATELY

1. Shift the person to shade
2. Remove tight clothes
3. Apply cool wet cloth
4. Give ORS/water if conscious
5. Rush to nearest hospital



5. WHO IS MOST AT RISK

High-Risk Groups

- Children
- Elderly
- Outdoor workers
- Pregnant women
- Chronic disease patients

6. QUICK HYDRATION TIPS

- ✓ Carry water bottle
- ✓ Drink ORS during sweating
- ✓ Avoid alcohol & excess caffeine
- ✓ Never leave children in parked vehicles



“Hydrate Today, Stay Safe Tomorrow!”



References

- WHO Heat and Health Guidelines
- National Centre for Disease Control (NCDC)
- India Meteorological Department (IMD) Heatwave Advisory

Sources

- [WHO Heat and Health Guidelines](#)
- [National Centre for Disease Control \(NCDC\)](#)
- [India Meteorological Department \(IMD\) Heatwave Advisory](#)

Author Details

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Assistant coordinators
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Dr. Nidhi Patel



Heat se Jeet

Sip Water, Skip Heatstroke

Beat the Heat • Stay Hydrated • Stay Safe

**40°C+**

High Heat
Extreme Risk

**3–3.5 L**

Water Intake
Per Day

**11 AM–4 PM**

Peak Sun Hours
Be Extra Careful

**112/108**

Emergency
Numbers



1. WHAT IS HEATSTROKE?

Heatstroke is a life-threatening emergency where the body's temperature regulation fails. Core temperature rises **above 40°C (104°F)**, leading to brain, heart, kidney and muscle injury. It occurs in hot, humid conditions or during intense physical exertion.

37°C

Normal Core
Body Temperature

38–40°C

Heat Stress Range
(Warning Zone)

>40°C

Heatstroke Range –
Medical Emergency



. MOST VULNERABLE GROUPS



Elderly Citizens



Infants &
Young Children



Outdoor Workers
& Laborers



Athletes
& Exercisers



Chronic Disease
Patients



Pregnant
Women



3. WARNING SIGNS — KNOW THE DIFFERENCE

Heat Exhaustion

- Heavy sweating, pale skin, tiredness
- Mild weakness, dizziness, & fainting
- Nausea, vomiting, headache, muscle cramps
- Muscle cramps & mild pain

Heatstroke — Emergency

- High body temperature ($\geq 40^{\circ}\text{C}$)
- Hot, red, dry skin (may stop sweating)
- Confusion, unconsciousness, seizures
- Collapse or uncontrollable fits



4. HYDRATION IS YOUR SHIELD

**3–3.5 L / day**

DRINK REGULARLY
DON'T WAIT TO THIRST



20 MIN
BEFORE & AFTER WORK



ORS
WHEN OUT IN SUN



CHAAS /
COCONUT WATER

- Carry water, sip often and be aware.
- Eat light meals: fruits, vegetables, and water-rich foods.
- Avoid alcohol, caffeinated drinks and overly sugary foods.
- Rehydrate with water, electrolytes, multivitamins, and buttermilk.



5. DO'S & DON'TS DURING HEATWAVE

DO'S

- ✓ Drink water every 20–30 minutes
- ✓ Wear loose, light-colored cotton clothes
- ✓ Stay indoors or shade during 11 AM–4 PM
- ✓ Use caps, hats, lemon water or ORS if outside
- ✓ Check elderly, children & sick neighbours

DON'TS

- ✗ Do not go out during peak sun hours
- ✗ Do not wear dark or tight-fitted clothes
- ✗ Do not skip meals, water, or break time
- ✗ Do not avoid using AC, fans or coolers
- ✗ Do not ignore symptoms



6. FIRST AID — IF HEATSTROKE IS SUSPECTED



Call for emergency help:
Dial 112 or 108 immediately.



Move to a cool place:
Shift the person to shade or an air-conditioned area.



Cool rapidly:
Loosen clothing, apply cool wet packs, or fanning with cold towels.



Give fluids only if conscious:
Small sips of ORS or water. Never give by mouth if unconscious.



7. COOLING STRATEGIES



Take Cool
Showers



Wet Cloth on
Neck & Body



Ventilation
& Cross Flow



Seek Shade



Hand Fans
or Coolers



Stay Hydrated
Always



Jeet Garmi Se — With Every Sip!

Your safety protects your family, friends, and community.
Stay informed, stay safe & help build a healthier India.



TEAM – IPHI FULL PANEL



Chairperson:
Dr. Annarao Kulkarni

Chief Coordinator:
Dr. Krishna Jasani

Co-Chairperson:
Dr. Krupal Joshi

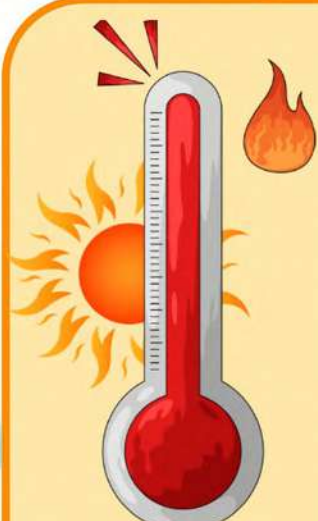
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Created by:
Dr. Udhaya Kumar Elangovan
1st Year Post Graduate
SRMCH&RC, Kattankulathur

Sources: National Programme on Climate Change & Human Health,
MoHFW, GoI IMD Heat Advisories WHO Heat and Health Factsheet NDMA
Heat Wave Guidelines CDC Extreme Prevention Guide National Health
Portal India ICMR Heatstroke Management Guidelines

Outsmart the Sun, One Sip at a Time!



What is Heat Stroke?

Heat stroke is a serious, life-threatening medical emergency that occurs when the body's temperature regulation system fails and body temperature rises to 104°F (40°C) or higher.



It happens when the body is unable to cool itself down, usually after prolonged exposure to high temperatures or intense physical activity in hot weather.

Prevention & Management of Heat Disorders

Heat Stress

- Wear Loose fitting, light coloured cotton clothes
- Wear Bandana under Hat
- Place wet Bandana on Neck
- Drink one cup water every 15 minutes



Heat Cramp

- Drink Water & Eat Snack
- Have Carbohydrate-Electrolyte Liquid (Sports Drink) every 15-20 minutes
- Avoid Salt Tablets



Heat Exhaustion

- Remove worker from Hot Area
- Give plenty of fluids to drink
- Remove unnecessary clothing
- Cold Compress
- Wash Head, Face and Neck with Cold Water



Heat Stroke

- Move the Person to Cool, Shaded Area
- Remove outer clothing
- Give Cold water & Ice Bath
- Soak Clothing with cool water
- Circulate the air around



Call for an Ambulance immediately!

“Keep your Cool and Stay Refreshed!”



Source:

IAPSM's Textbook of Community Medicine (Kadri), 3rd Edition

Created By:

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Postgraduate Resident

(Gajra Raja Medical College Gwalior)

Team - IPHI

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BE SUN-SMART AND HYDRATION READY



HEAT STROKE: PREVENTION & RESPONSE



AVOID PROLONGED SUN EXPOSURE



WEAR LIGHT CLOTHING



STAY IN COOL, SHADED PLACES



RECOGNIZE SYMPTOMS & ACT



DIZZINESS



HOT SKIN



CONFUSION



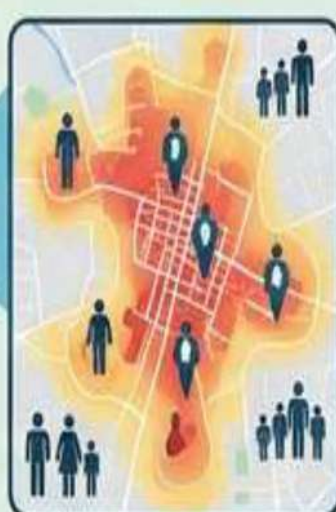
GEOGRAPHIC INFORMATION SYSTEMS (GIS)



MAPPING VULNERABLE AREAS



LOCALIZING URBAN HEAT ISLANDS



GIS DATA FOR STRATEGIC INTERVENTION

- Use spatial analysis to target risk
- Allocate resources effectively

IMPORTANCE OF WATER: HYDRATION IS KEY

DRINK WATER FREQUENTLY

- Even before thirsty
- Minimum 3-4 liters/day

TRADITIONAL DRINKS

- Buttermilk
- Coconut Water
- Lemon Water
- Aam Panna

COMMUNITY ACTIONS: PROTECT VULNERABLE GROUPS



ELDERLY & INFANTS



PREGNANT WOMEN

**Created by: Dr. Abheet Gulati
Junior Resident, Community and Family Medicine AIIMS
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Reference: <https://ihip.mohfw.gov.in/>

1

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**TEAM
IPHI**



Heat Se Jeet:



Sip Water, Skip Heatstroke

WHY

- Regulates Body Temperature
- Maintains Energy Level
- Prevents Dehydration & Cramps
- Boost Focus & Vitality



HOW



**SIP WATER
EFFICIENTLY**

The 20- Minutes Rule
Don't wait until you are thirsty



Drink atleast 150-200 ml of water every 20 minutes

Monitor Urine Colour

Natural Refreshers



Lemonade



Coconut Water



Buttermilk (Chhaas)



Aam Panna (Raw mango drink)

SKIP HEATSTROKE

Recognize Symptoms

- Dizziness/Headache
- Rapid Heartbeat
- Nausea/Confusion
- Dry Skin

Stay Protected

- Wear Light Colour Clothes
- Seek Shades
- Avoid Peak Heat Hours

STAY HYDRATED, STAY SAFE

Team IPHI:



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Resource:

ncdc.mohfw.gov.in



HEAT SE JEET SIP WATER, SKIP HEATSTROKE

PROGRESSION OF HEAT ILLNESS

within 15 minutes

EXPOSURE

FLUID LOSS

EXHAUSTION

HEAT STROKE



EXPOSURE LEADS TO FLUID LOSS, PROGRESSING FROM EXHAUSTION TO LIFE THREATENING HEAT STROKE WITHIN 15 MINUTES

HEAT EXHAUSTION

HEAVY SWEATING
HEADACHE
WEAKNESS AND DIZZINESS
NAUSEA OR VOMITING
MUSCLE CRAMPS

HEAT STROKE

RED, HOT, DRY SKIN
NO SWEATING
HIGH BODY TEMPERATURE
RAPID, STRONG PULSE
LOSS OF CONSCIOUSNESS

⚠ Heat Stroke is a medical emergency. Call emergency services immediately!

WHO ARE AT MOST RISK?



Children

Underdeveloped thermoregulation and high dependence on caregivers — vulnerable to rapid heat illness.



Older Adults

Reduced ability to sense heat, chronic conditions, and medications affecting sweating increase mortality.



Outdoor Workers

Construction, agriculture, and delivery workers face peak-hour sun exposure with limited cooling access.



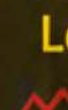
People with Disabilities

Mobility limitations reduce ability to seek shade. Cognitive impairments reduce awareness of risk.



Pregnant Women

Heat stress increases risk of preterm birth, dehydration, and complications for mother and baby.



Low-Socioeconomic status

Lack of AC, densely built housing, and limited healthcare access creates compounding vulnerability.

HEAT STROKE FIRST AID

- 1) MOVE TO A SHADY SPOT OR INDOORS
- 2) CALL EMERGENCY SERVICES
- 3) LAY PERSON DOWN WITH FEET ELEVATED
- 4) IF CONSCIOUS, GIVE COOL WATER
- 5) REMOVE EXCESS CLOTHING
- 6) FAN OR COOL AIR TO LOWER BODY TEMP
- 7) COOL CLOTHS/ICE TO ARMPITS & WRISTS



POST-STROKE
ACCLIMATIZATION
2-4 WEEKS

SURVIVORS SHOULD SLOWLY INCREASE HEAT EXPOSURE OVER 2-4 WEEKS TO RESTORE PHYSIOLOGICAL HEAT TOLERANCE.



HYDRATION FORMULA

weight in (kgs)

2

= OZ OF WATER PER DAY

DIVIDE YOUR BODY WEIGHT IN KG BY 2 TO FIND THE MINIMUM OUNCES OF WATER YOU SHOULD DRINK EACH DAY DURING A HEATWAVE. IN EXTREME HEAT, INCREASE THIS FURTHER. DON'T WAIT UNTIL YOU FEEL THIRSTY - BY THEN, DEHYDRATION HAS ALREADY BEGUN. HOW TO STAY SAFE? STAY INFORMED. STAY PREPARED. STAY COOL. STAY SAFE. PROTECT THE VULNERABLE. BUILD CLIMATE-RESILIENT COMMUNITIES.

1,908
DEATH
IN INDIA ALONE

51.5%
ASIA'S SHARE OF
GLOBAL HEAT DEATHS

95/100
HOTTEST CITIES
IN INDIA GLOBALLY

+6.4°C
SEVERE HEATWAVE
DEPARTURE TEMP

"HEAT STROKE DOESN'T KNOCK TWICE - STAY COOL, STAY ALERT, STAY ALIVE"

SOURCES

WORLD HEALTH ORGANIZATION (WHO): <https://www.who.int/indian-meteorological-department> (IMD): https://mausam.imd.gov.in/responsive/heataave_guidance.php | NATIONAL DISASTER MANAGEMENT AUTHORITY (NDMA): <https://ndma.gov.in> | NATIONAL HEAT WAVE CENTERS FOR DISEASE CONTROL AND PREVENTION. (2020). HEAT-RELATED ILLNESSES. NATIONAL INSTITUTE FOR OCCUPATIONAL SAFETY AND HEALTH: <https://www.cdc.gov/niosh/heat-stress/about/illnesses.html#>



TEAM IPHI

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CO.CHAIRPERSON-DR. KRUPAL JOSHI CHIEF
COORDINATOR - R. KRISHNA JASANI ASSISTANT
COORDINATORS- DR. KUSHANT BHATT
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CREATED BY -DR. SAKSHI KHANDARE INTERN
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GUIDED BY -DR. HIRANYA RAJEEVAN 2ND
YEAR
POST GRADUATE COMMUNITY MEDICINE
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Heat Se Jeeth

Heat Smart India



Heat Exhaustion

- Dizziness, Nausea
- Rapid heartbeat
- Confusion



Heat Stroke

- Life-threatening condition
- High body temperature
- Dry skin
- Unconsciousness



Dehydration

- Thirst, Dry mouth
- Dark urine
- Fatigue



Prevention Strategies



Stay hydrated

- Drink water frequently



Wear light, loose clothing

- Avoid dark colors



Avoid peak sun hours

- Seek shade



Stay in cool places

- Use fans or air conditioning

Warning Signs



Dizziness
Nausea
Rapid heartbeat
Confusion



Thirst
Dry mouth
Dark urine
Fatigue

Climate Change Impact



Global temperatures rising
Frequency and intensity of
heatwaves increasing

Extreme heat events
affecting more
regions



Actionable Tips

- Drink water frequently
- Use sun protection (sunscreen, hats)
- Monitor weather alerts & advisories
- Check on vulnerable people (elderly, children, sick)
- Seek medical attention for severe symptoms
- Create cool spaces in your community



HEAT SE JEET: SIP WATER, STAY COOL, SKIP HEATSTROKE



• SIGNS OF HEATSTROKE :

1. High Fever



Monitor for a high body temperature (above 104°F/40°C).

2. Dizziness



Watch for lightheadedness, confusion, or loss of balance

3. Nausea



Be alert for stomach upset, vomiting, or sudden weakness

4. Dry Skin



Note if the skin feels hot and dry despite the extreme heat

• SIP - What to Do :

1. Water



Drink plenty of water at regular intervals, even if not thirsty

2. ORS/Natural Drinks



Replenish electrolytes with ORS, lassi, lemon water, or fruit juices

3. Clothing



Wear lightweight, light-colored, and loose-fitting cotton clothes.

4. Shade



Stay indoors or seek shade under trees and umbrellas when outside

• SKIP - What to Avoid:

1. Timing



Avoid strenuous outdoor activities between 12:00 PM and 4:00 PM.

2. Caffeine



Skip tea, coffee, and carbonated drinks that can dehydrate the body

3. Direct Sun



Limit direct exposure to sunlight and avoid dark-colored clothing.

• EMERGENCY:

1. First Aid



Move the person to a cool place and apply cold damp cloths to the body.

2. Call for Help



Immediately dial 108 for emergency medical assistance if symptoms persist.



• GOVERNMENT OF INDIA INITIATIVES:

1. Early Warning Systems: Issuing real-time color-coded alerts (Yellow/Orange/Red) via IMD and NDMA to ensure public readiness.
2. Public Cooling & Hydration: Setting up "Water Kiosks" and temporary cooling centers in high-traffic public areas.
3. Medical Preparedness: Equipping hospitals with dedicated "Heatstroke Units," rapid cooling packs, and specialized training for medical staff.
4. Public Health Surveillance: Continuous monitoring of heat-related illnesses to ensure rapid resource mobilization.
5. Heat Action Plans (HAP): Implementation of district-level strategies to mitigate heat wave impacts and protect vulnerable populations.

• GOVERNMENT OF INDIA KEY ACTIVITIES:

1. National Action Plan on Heat-Related Illnesses (2021)



2. National Programme on Climate Change and Human Health (NPCCHH) NCDC, in collaboration with its partners, has developed (district-level) Climate and Health Risk Assessments for the country.



"STAY COOL, STAY HYDRATED, AND PROTECT YOURSELF FROM THE HEAT."

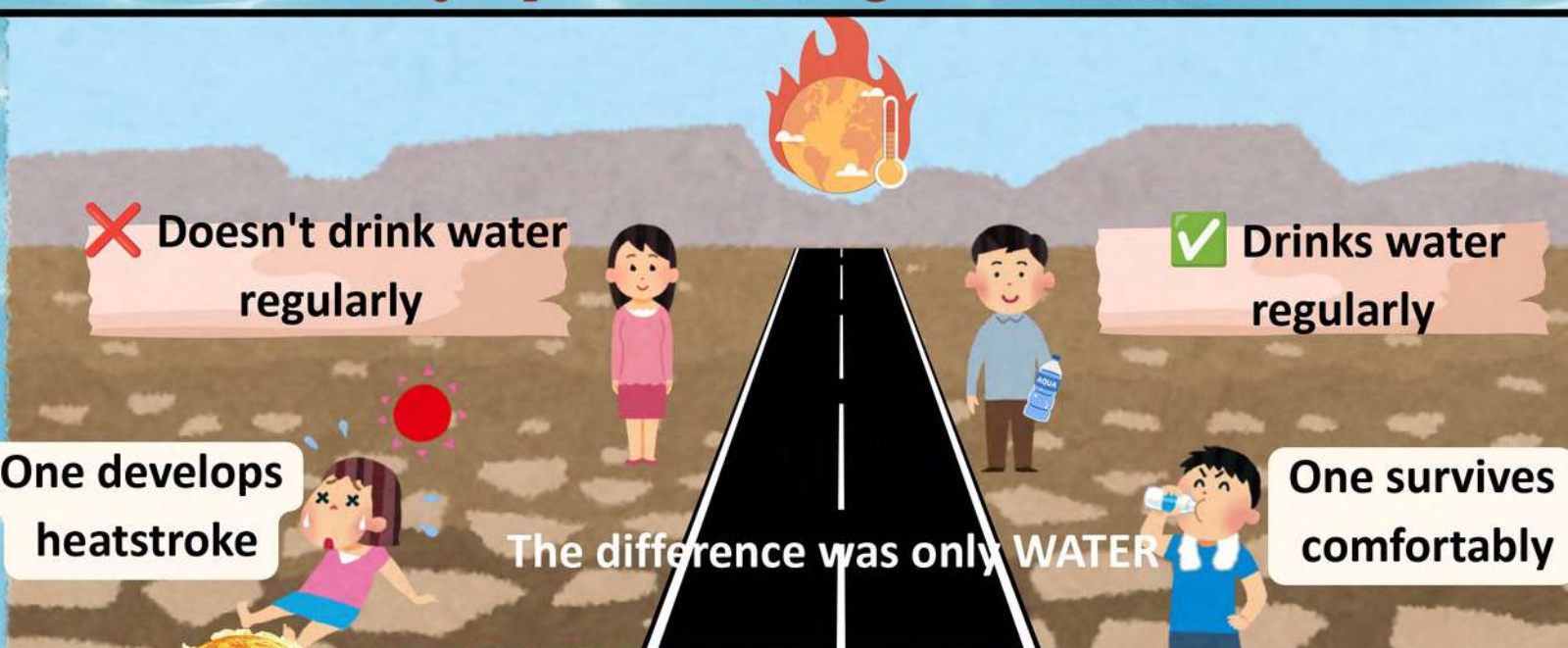
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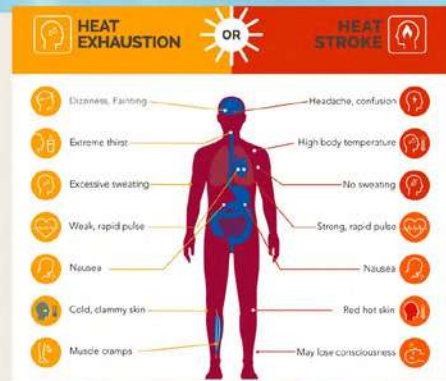
INDIA IS GETTING HOTTER

-  Rising temperatures
-  Climate change
-  Urban heat islands
-  More frequent heat waves

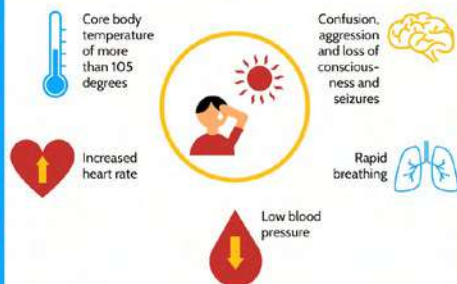
WHAT HAPPENS INSIDE YOUR BODY?

THE DEHYDRATION LADDER

- STEP 1**
1% Water Loss
Thirst
- STEP 2**
2% Water Loss
Fatigue
Reduced attention
- STEP 3**
4% Water Loss
Dizziness
Headache
Muscle cramps
- STEP 4**
6% Water Loss
Heat exhaustion
- STEP 5**
8-10% Water Loss
Heatstroke
Medical emergency



SIGNS OF EXERTIONAL HEAT STROKE



THE SILENT ATTACK OF HEATSTROKE

Emergency signs:

- Confusion
- Unconsciousness
- Seizures
- Hot dry skin

HOW ONE SIP SAVES A LIFE

Water → Blood → Sweat → Cooling
→ Normal temperature

Benefits:

- ✓ Regulates body temperature
- ✓ Maintains circulation
- ✓ Protects kidneys
- ✓ Prevents heatstroke
- ✓ Maintains performance

WHO IS MOST AT RISK?

- Elderly
- Children
- Pregnant women
- Farmers
- Construction workers
- Sanitation workers
- Athletes

HEAT ACTION PLAN



Rx

- Morning: 2 glasses
- Before Going Out: 1 glass
- Outdoors: Every 20-30 min
- Heavy Sweating: +
- ORS
- After Returning Home: +

Water Prescription (Rx)



COOLING FOODS



THE ₹10 LIFE-SAVING ORS



Water loss → ORS → Electrolyte replacement

- Ideal during excessive sweating.

FIRST AID FOR HEATSTROKE

DO

- Move to shade or a cool place
- Remove excess clothing
- Cool with wet cloth or ice packs
- Fan the person
- Call emergency medical help

DON'T

- Ignore confusion or dizziness
- Delay medical treatment
- Force an unconscious person to drink

CALL TO ACTION

SIP WATER
SKIP HEATSTROKE
Every Sip Counts.
Every Life Matters.



108 – Ambulance Service
In Heatstroke Emergency
Call immediately if person has:
• Confusion
• Unconsciousness
• Very high body temperature
• No sweating in heat

Sources

- NDMA Heatwave Guidelines
- MoHFW Heatwave Advisory
- NCDC India
- India Meteorological Department
- National Health Mission

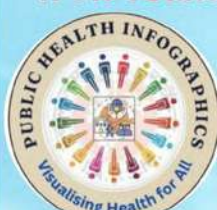
Heatstroke is a Medical Emergency!
Quick Action Saves Lives

Created by

Dr. Varsha Rani
Postgraduate Resident
Community Medicine
Darbhanga Medical College
and Hospital



IPHI Team



Chairperson

Dr. Annarao Kulkarni

Chief Coordinator

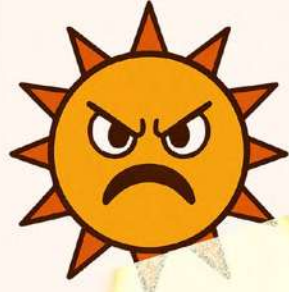
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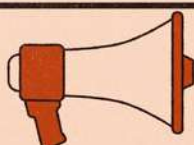


Heat se Jeet

Sip water!! Skip Heatstroke!!

SMART SUMMER, SAFE SUMMER

Heat Stroke is a life-threatening heat illness caused by prolonged exposure to high temperature or intense physical activity, where body temperature rises above 40°C (104°F).



WARNING SIGNS & SYMPTOMS

High-Risk Groups

- Infants & children
- Elderly persons
- Pregnant women
- Outdoor workers
- Athletes



High body temperature



Rapid Heartbeat



Muscle Cramps



Dizziness and confusion



Hot, Red and Dry skin



Fainting and unconscious



Headache, Nausea and vomiting



FIRST AID FOR HEAT STROKE



DO NOT LEAVE THE PERSON ALONE.

HOW TO PREVENT HEAT STROKE

- Drink plenty of water even if not thirsty
- Wear loose, light-colored cotton clothes
- Avoid going out between 12 PM – 4 PM
- Stay in shaded/cool areas
- Eat fruits & fluids like ORS, lemon water, buttermilk
- Avoid alcohol and excessive physical activity in peak heat

- Protect Children
- Keep children indoors during peak heat
- Increase breastfeeding/fluids
- Never leave a child inside parked vehicles



Move the person to a cool/shaded place



Remove excess clothing



Give ORS/water if conscious



Sponge body with cool water



Use ice packs on neck, armpits & groin



Take the patient to nearest health facility immediately

COMMUNITY-LEVEL INTERVENTIONS

- Conduct heat-health awareness campaigns
- Identify vulnerable households
- Promote hydration practices
- Ensure ORS availability
- Encourage early care-seeking
- Disseminate heatwave alerts
- Coordinate with local health authorities



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GOVERNMENT INITIATIVES FOR HEATWAVE MANAGEMENT

- Heatwave Early Warning System
- Public awareness & IEC campaigns
- Strengthening health facility preparedness
- Promotion of hydration & ORS use
- Emergency referral & response services
- Dissemination of heatwave alerts through media/SMS
- Training of healthcare workers & frontline staff
- Intersectoral coordination for heat action plans



Sources

- National Centre for Disease Control (NCDC)
- Ministry of Health & Family Welfare (MoHFW)
- India Meteorological Department (IMD)
- Ministry of Labour & Employment Heatwave Advisory

CREATED BY –
DR. DIKSHA SINGH
SENIOR RESIDENT
DEPT. OF COMMUNITY
MEDICINE
GOVERNMENT MEDICAL
COLLEGE SAWAI MADHOPUR
RAJASTHAN



GARM SE BACHO, HEAT STROKE SE SAMBHALO



Heat Stroke is a serious medical condition that happens when the body overheats and cannot control its temperature. The body temperature usually rises above 40°C (104°F).

1

CAUSES



- Prolonged exposure to high temperature
- Staying under the sun for long hours



- Dehydration or not drinking enough water



- Extreme humidity that would prevent sweat evaporation



- Closed or no ventilated rooms
- Extreme physical exercise

STATISTICS

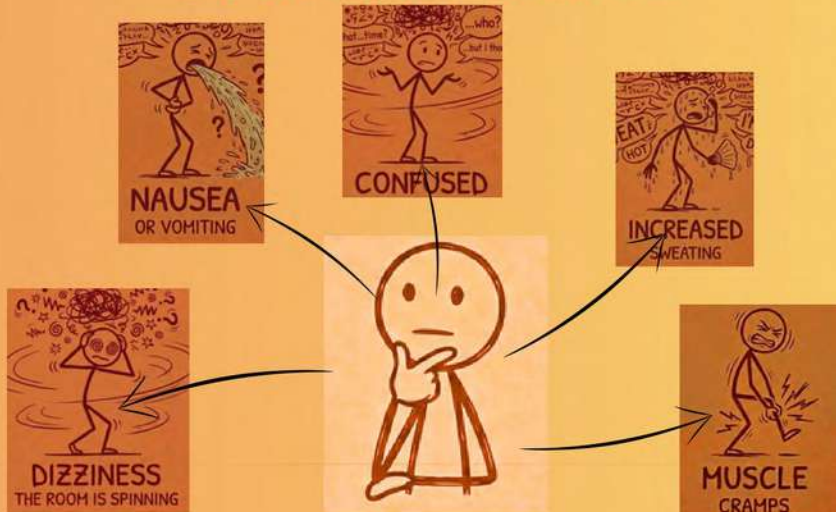
- Global data shows all-cause heat-related mortality has surged by 23% compared to the 1990s baseline, claiming roughly 546,000 lives annually as global surface temperatures consistently track well above pre-industrial levels.
- India: Over 40,000 suspected heatstroke cases and intense hospitalizations are reported during severe pre-monsoon heat stretches as the cumulative count of regional heatwave days has more than doubled.
- Odisha: Climate attribution models show that intense local summer heatwaves are now 3 times more likely and roughly 1°C hotter, pushing inland western districts past a grueling 45°C while coastal regions face hazardous wet-bulb conditions.



2

3

DANGER SIGNS



TREATMENT & PREVENTION

What to do?

- Move the person to a cool, well ventilated air conditioned room
- Apply ice packs to high-blood-flow zone
- Fan up aggressively to speed up evaporation
- Remove any heavy clothing or accessories
- Call the emergency services

What to avoid

- Don't give them fluids if the person is confused or vomiting
- Don't leave the patient unattended at any point
- Don't leave tight clothes on
- Don't give any kind of medication to them

Medical emergency



Emergency service:
Call 108

4

5

INITIATIVES TAKEN BY GOVERNMENT

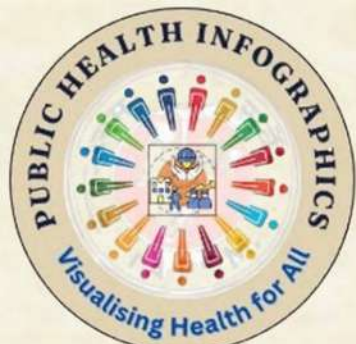
- The Indian government introduced Heat Action Plans to reduce heatstroke deaths through early warnings and emergency response.
- The IMD issues heatwave alerts and weather warnings to help people take precautions early.
- Awareness campaigns encourage people to stay hydrated and avoid peak heat hours.
- Free ORS, drinking water, and cooling centres were arranged in many states during heatwaves.
- The government strengthened real-time monitoring of heatstroke cases through health surveillance systems.



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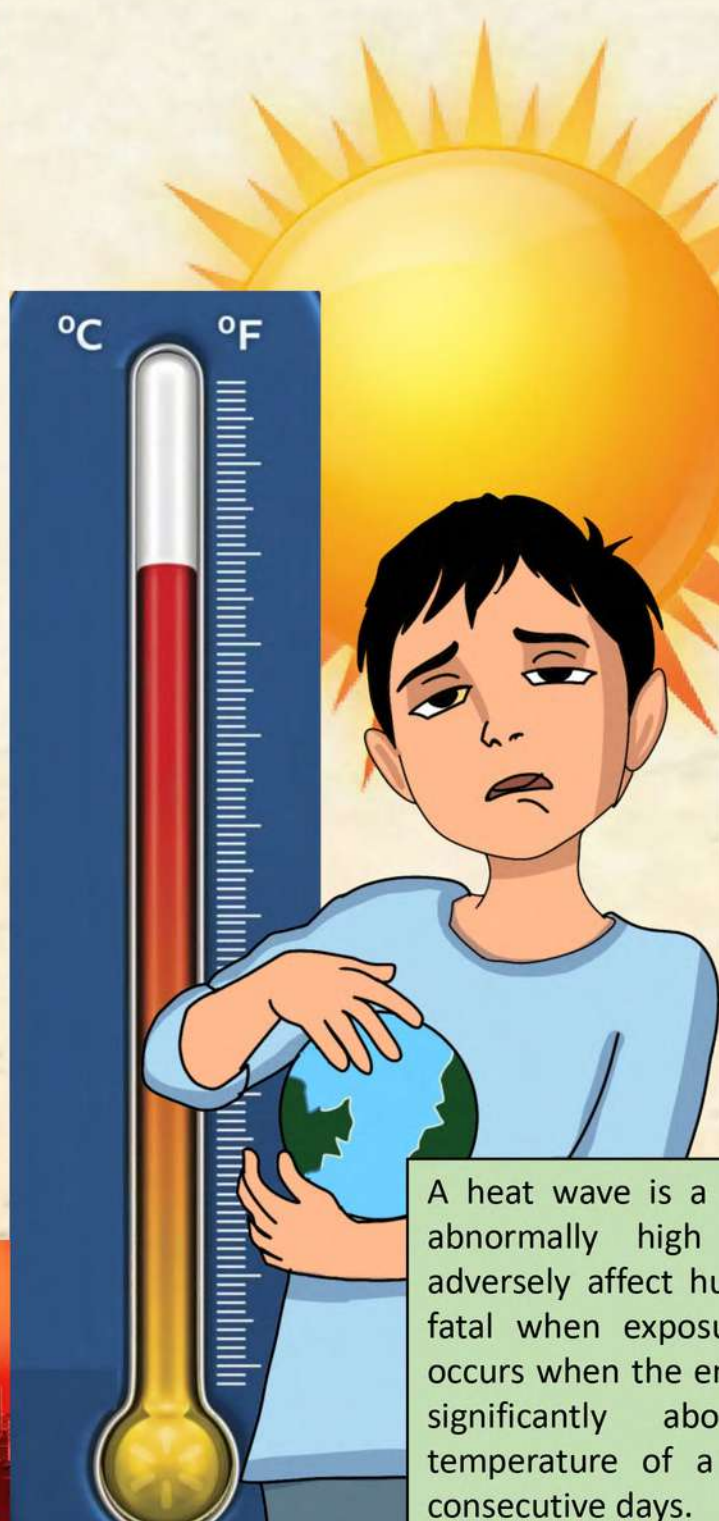


HEAT SE JEET

SIP WATER, SKIP HEATSTROKE

One Health Approach for Heat Reduction

- Promote tree plantation and increase urban green spaces to reduce environmental heat.
- Ensure safe drinking water, cooling shelters, and heat awareness programs for communities.
- Protect livestock and animals by providing shade, water, and proper ventilation.
- Strengthen coordination between health, veterinary, environmental, and disaster management departments.
- Reduce pollution and greenhouse gas emissions through renewable energy and sustainable practices.



IMD Criteria for Heat Wave For Plains

- Heat wave:
 - Temperature $\geq 40^{\circ}\text{C}$ and departure from normal is 4.5°C – 6.4°C
 - OR
 - Actual temperature $\geq 45^{\circ}\text{C}$
- Severe heat wave:
 - Departure from normal $> 6.4^{\circ}\text{C}$
 - OR
 - Actual temperature $\geq 47^{\circ}\text{C}$

A heat wave is a condition characterized by an abnormally high air temperature that can adversely affect human health and may become fatal when exposure is prolonged. It generally occurs when the environmental temperature rises significantly above the normal average temperature of a particular region for several consecutive days.

Common Effects of Heat Wave

- Dehydration
- Heat cramps
- Heat exhaustion
- Heat stroke
- Sunburn
- Worsening of chronic illnesses (diabetes, hypertension, heart disease)
- Increased mortality in elderly and children



Warning Signs of Heat Stroke

- Very high body temperature
- Hot, dry skin
- Confusion or unconsciousness
- Rapid pulse
- Severe headache
- Seizures

First Aid

- Shift patient to cool/shaded place
- Remove excess clothing
- Sponge body with cool water
- Give fluids if conscious
- Immediate hospital
- Referral/emergency care



Vulnerable Groups

- Elderly people
- Infants and children
- Outdoor workers
- Pregnant women
- People with chronic diseases
- Homeless population



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Assistant Coordinators Dr. Kushant Bhatt, Dr. Nanda Kumar, Dr. Nidhi Patel.

References:

- India Meteorological Department Heat Wave Guidelines
- World Health Organization. Heat and health. Available from: [WHO Heat and Health](#)
- India Meteorological Department. Criteria for Heat Wave declaration in India. Available from: [IMD Mausam Portal](#)
- [National Disaster Management Authority – Heat Wave Guidelines](#)



The real face behind
the attraction.
Choose awareness
choose health

UNMASKING THE APPEAL— COUNTERING NICOTINE & TOBACCO ADDICTON

TOBACCO MAY SEEM APPEALING,
BUT THE TRUTH IS TOXIC.
BE INFORMED.BE STRONG.BE TOBACCO FREE



1.THE APPEAL – WHY DOES TOBACCO ATTRACT



PEER INFLUENCE

To fit in, feel accepted or look cool



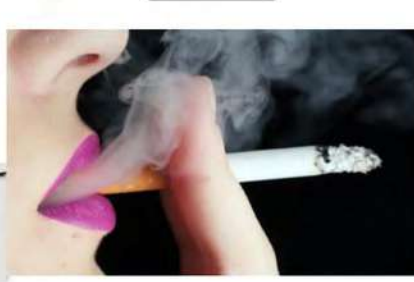
STRESS RELIEF MYTH

Believed to reduce stress
or anxiety



FLAVOURED PRODUCTS

Sweet flavors and attractive
Packaging mask the harm



AGGRESSIVE MARKETING

Tobacco industry targets youth
With deceptive tactics

2.THE REALITY – THE HARM BEHIND THE MASK



AFFECTS BRAIN

Nicotine is highly addictive
It changes brain chemistry.



CAUSES DEADLY DISEASE

Cancer , heart disease , stroke ,
COPD and many more.



HARMS EVERY ORGAN

Damages lungs , teeth , skin ,
Reproductive health and
Immune system



HARMS OTHERS TOO

Second – hand smoke causes
Serious illness in family ,
Especially children.



Nicotine changes the brain and creates
dependence Quitting may cause



Irritability



Anxiety



Difficulty in concentrating



Sleep problems



Cravings

But remember these
are temporary
Freedom is
permanent.



4.BREAK FREE – CHOOSE A TOBACCO – FREE LIFE



SET A QUIT PLAN

Decide your quit date
and stick to it.



SEEK SUPPORT

Talk to family , friends
or a counsellor



USE QUIT AIDS

Nicotine replacement
Therapy can help.



ADOPT HEALTHY HABIT

Exercise , eat healthy , meditate ,
Stay active.



CELEBRATE SMALL WINS

Every tobacco – free day is a
big victory

5. FACTS FROM GYTS – GLOBAL YOUTH TOBACCO SURVEY



In india , 8.5% of
Students currently
Use some form of
tobacco



6.1% use smoked
Tobacco and 2.7%
Use smokeless
Tobacco.



84.9% of students
Were exposed to
Anti-tobacco messages
On TV , radio or
Print media.



70.6% of students
Attend schools that
Have a ban on tobacco
Use on school property

FACTS TODAY ,
HEALTH TOMORROW
KNOW THE TRUTH
MAKE THE RIGHT CHOICE



SOURCE : GLOBAL YOUTH TOBACCO SURVEY (GYTS) India report,2019 | WHO - GYTS

6. TAKE ACTION – TODAY FOR A BETTER TOMORROW



SAY NO TO TOBACCO
in any form.



ENCOURAGE OTHERS
to quit.



PROTECT YOUR FAMILY
from tobacco harm.



SUPPORT A TOBACCO-FREE
community and nation

BE SMART.
DON'T START.
QUIT TODAY,
LIVE
TOMORROW!



7. STRENGTHENING POLICIES – ENFORCING NTCP



PUBLIC AWARENESS
Promoting the benefits
of quitting tobacco



CESSATION FACILITIES
Establishing tobacco cessation
Centers in hospitals.



CAPACITY BUILDING
Tobacco control training,
Counselling , recognition ,
law enforcement , advocacy



SCHOOL PROGRAMS
Creating tobacco-free
School environments



VILLAGE PROGRAMS
Encouraging community
Ownership for a tobacco
Free generation



YOU HAVE THE POWER TO CHOOSE. TOBACCO HAS NO POWER OVER YOU
UNMASK. UNDERSTAND. UNITE. UPROOT TOBACCO.

As future doctors and public health leaders , let's build a tobacco-free campus , community and country.



SOURCES:-

National Tobacco Control Programme (NTCP).
World Health Organization (WHO).
Global Youth Tobacco Survey (GYTS).
Ministry of Health & Family Welfare , Government of India.



Ministry of Health & Family Welfare
Government of India

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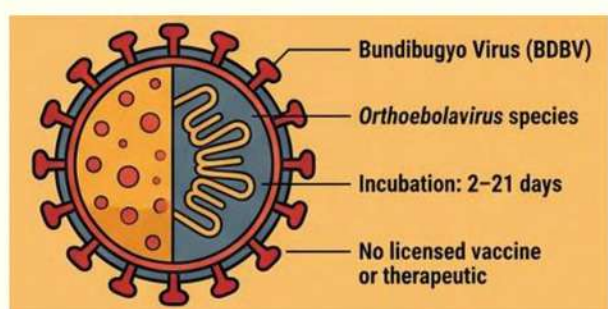
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Dr. Nanda Kumar
Dr. Nidhi Patel

A TOBACCO – FREE INDIA IS A HEALTHIER INDIA



EBOLA VIRUS DISEASE- Anatomy of a Deadly Outbreak



WHAT IS EBOLA DISEASE?

Severe viral hemorrhagic fever caused by a group of viruses, known as orthoebolaviruses (formerly ebolavirus)
High fatality rate
Discovered in 1976 in the Democratic Republic of the Congo

INCUBATION PERIOD

2-21 Days

TREATMENT AND PREVENTION



Fluids and electrolytes



Monoclonal antibodies: ansumimabTM or InmazebTM



Vaccine: Ervebo[®], Zabdeno

MODE OF SPREAD

Direct contact
Body fluids



SYMPTOMS TIMELINE



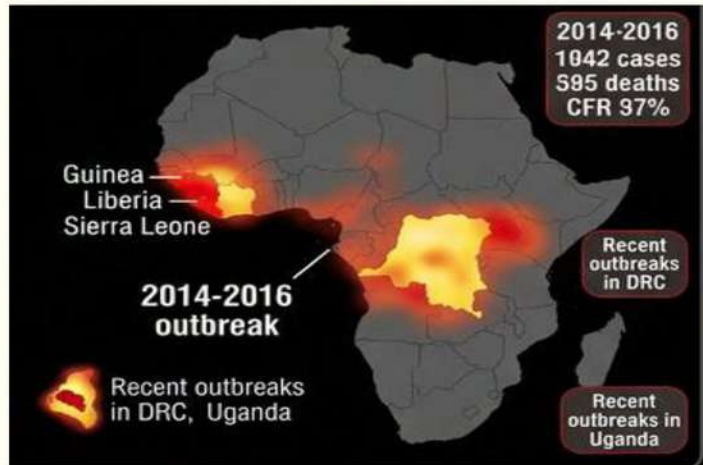
CASE FATALITY RATE 50%

DIAGNOSIS



RT-PCR
ELISA

OUTBREAK LENS



PUBLIC HEALTH RESPONSE

Surveillance
Rapid response teams
Quarantine
Risk communication
Contact tracing
Community engagement
International coordination

WHO DECLARED PHEIC

In light of the reported outbreaks of Ebola Disease in the Democratic Republic of the Congo (DRC) and Uganda, the World Health Organization (WHO), under the International Health Regulations (IHR), 2005, on 17 May 2026, determined the situation to be a Public Health Emergency of International Concern (PHEIC).

INDIAN RESPONSE TO EBOLA

Enhanced screening and surveillance measures initiated at international airports and other points of entry, States/UTs preparing for screening, quarantine, clinical management, laboratory testing and infection prevention practices



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Source of information

https://www.cdc.gov/ebola/about/index.html#cdc_disease_basics_types-types

<https://www.who.int/news-room/fact-sheets/detail/ebola-disease>

<https://www.who.int/news/item/17-05-2026-epidemic-of-ebola-disease-in-the-democratic-republic-of-the-congo-and-uganda-determined-a-public-health-emergency-of-international-concern>

<https://www.pib.gov.in/PressReleasePage.aspx?PRID=2265153®=3&lang=2>



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Dr. Annarao Kulkarni

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World No Tobacco Day 2026



Unmasking the appeal – countering nicotine and tobacco addiction

“The tobacco industry masks the harm . We unmask the truth and protect every breath”



NTCP KEY ACTIONS HIGHLIGHTED ON WORLD NO TOBACCO DAY

ENFORCEMENT OF TOBACCO CONTROL LAWS (COTPA 2003)



PUBLIC SMOKING BAN
Strict enforcement of smoke-free public places.



ADVERTISING PROHIBITION
Banning direct and indirect advertising, promotion and sponsorship,



SALES RESTRICTIONS
No sales to minors(<18 years) and no sales within 100 yards of educational institutions.



PACKAGING WARNINGS
Mandating graphic pictorial and textual warnings on tobacco packages.

INFORMATION, EDUCATION & COMMUNICATION (IEC)



AWARENESS CAMPAIGNS
Using print, electronic media, radio and social media to educate the public on the harms of tobacco.



MASS MEDIA CAMPAIGNS
Special campaigns, "No Tobacco Pledge" events, human chains, rallies and community outreach on WNTD.



TARGETING YOUTH
Educating youth about the dangers of tobacco, nicotine and emerging products like e-cigarettes.

TOBACCO CESSATION FACILITIES



CESSATION CENTERS
Set up and strengthen district-level tobacco cessation centers.



PHARMACOLOGICAL SUPPORT
Provide cessation services, quitlines (1800-11-2356) and medical support to help users quit.



TRAINING PROVIDERS
Train healthcare providers to deliver brief advice and counsel on tobacco cessation.



SUPPORT TO QUITTERS
Follow-up, counseling and continuous support to prevent relapse.

TRAINING & CAPACITY BUILDING



STAKEHOLDER TRAINING
Training for school teachers, health workers, NGOs, law enforcers and community leaders.



LAW ENFORCERS EMPOWERMENT
Strengthening skills for effective implementation of tobacco control laws.



MAINSTREAMING WITH NHM
Integrate NTCP efforts within the National Health Mission framework



BUILDING CAPACITY
Enhancing skills and resources for sustainable tobacco control action.

MONITORING & SURVEILLANCE



TOBACCO CONTROL CELL
Dedicated National, State and District Tobacco Control Cells for planning, review and monitoring.



TOBACCO PRODUCT TESTING
Establish laboratories for testing tobacco products for quality, composition and safety.



SURVEILLANCE STUDIES
Conduct surveys (GYTS, GATS, ITC) to track tobacco use trends and impact of interventions.



DATA BASED DECISIONS
Use evidence to strengthen policies, programs and implementation.

2026 FOCUS: UNMASKING THE APPEAL



REVEAL INDUSTRY TACTICS
Expose how tobacco and nicotine UNMASK industries target youth with attractive flavours, marketing and misinformation.



REDUCE NICOTINE DEPENDENCE
Strengthen cessation services and support users to break the cycle of addiction.



STRENGTHEN POLICIES
Enforce laws strictly and close loopholes including on emerging products.



PROTECT COMMUNITIES CHOOSE LIFE.
Build a tobacco-free environment for healthier families and a stronger nation.



TOBACCO KILLS OVER 8 MILLION PEOPLE EVERY YEAR.



MOST USERS START BEFORE THE AGE OF 18 YEARS.



TOBACCO SMOKE CONTAINS MORE THAN 7000 CHEMICALS, AT LEAST 250 ARE HARMFUL.

NEED HELP TO QUIT?
Call India's National Tobacco Quitline 1800-11-2356 (TOLL FREE)

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SOURCES.
World Health Organization (WHO) - www.who.int
National Tobacco Control Programme (NTCP) - ntcp.mohfw.gov.in
Global Youth Tobacco Survey (GYTS) - www.who.int/initiatives/gyts
Ministry of Health & Family Welfare, Government of India - mohfw.gov.in



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A TOBACCO-FREE INDIA IS A HEALTHIER INDIA

14th June 2026

World Blood Donor Day

Give Blood, Give Hope: Together We Save Lives

What are you doing ?

Screening before transfusion



MAJOR TTIS (TRANSFUSION-TRANSMITTED INFECTIONS) IN INDIA :

- HIV 1 & 2
- Hepatitis B (HBsAg)
- Hepatitis C
- Syphilis
- Malaria



WHY BLOOD DONATION is important ??

- Saves lives and reduces mortality
- Blood has no artificial substitute
- Supports patients requiring transfusions
- Ensures availability during emergencies and disasters
- Promotes a safe and reliable blood supply
- Strengthens community health and social responsibility



RECENT ADVANCES IN TRANSFUSION SAFETY –

- Nucleic Acid Testing (NAT)
- Individual Donation NAT (ID-NAT)
- Pathogen Reduction Technology (PRT)
- Amotosalen/UV Technology
- Riboflavin-Based Pathogen Reduction
- Next-Generation Sequencing (NGS)
- High-Throughput Molecular Testing
- Automated Blood Group Genotyping
- Patient Blood Management (PBM) Technologies



Blood transfusion is a life-saving therapy

Haemovigilance Programme of India (HvPI)

- Launched in 2012 by the Indian Pharmacopoeia Commission (IPC) with National Institute of Biologicals (NIB), Noida as the National Coordinating Centre to monitor and improve transfusion safety.
- It collects and analyzes donor and recipient adverse transfusion reactions, providing feedback for policy, training, and quality improvement across the transfusion chain.



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References:

1. Directorate General of Health Services (DGHS), Ministry of Health & Family Welfare, Government of India. *Blood Transfusion Services (BTS)*. Available at: [DGHS Blood Transfusion Services](https://www.dgshs.gov.in/blood-transfusion-services). Accessed on 05 June 2026.
2. Sinha S, Seth T, Colah RB, Bittles AH. Haemoglobinopathies in India: estimates of blood requirements and treatment costs for the decade 2017–2026. *Journal of community genetics*. 2020 Jan;11(1):39-45.



NATIONAL VECTOR BORNE DISEASES CONTROL PROGRAMME (NVBDCP)



Goal: To prevent, control and reduce morbidity, mortality and economic burden due to vector borne diseases.



VISION

To reduce the burden of vector borne diseases and improve quality of life through integrated vector management.



ABOUT NVBDCP

NVBDCP is a centrally sponsored programme implemented by the Ministry of Health & Family Welfare, Government of India to prevent and control vector borne diseases through integrated and evidence based strategies.

MAJOR VECTOR BORNE DISEASES COVERED



Malaria



Dengue



Chikungunya



Lymphatic Filariasis



Kala-azar

DISEASE BURDEN IN INDIA (Annual)



- Malaria: ~ 0.18 million cases*
- Dengue: ~ 0.23 million cases*
- Chikungunya: ~ 0.14 million cases*
- Kala-azar: ~ 5,000 cases*
- Lymphatic Filariasis: Endemic in 100 districts



*Approximate (Source: NVBDCP, MoHFW)

STRATEGIES: INTEGRATED VECTOR MANAGEMENT (IVM)



SURVEILLANCE & MONITORING

- Active & passive surveillance
- Entomological surveillance
- Early outbreak detection & response



HEALTH EDUCATION & COMMUNITY PARTICIPATION

- IEC/BCC activities
- Community mobilization
- School & workplace engagement



SOURCE REDUCTION & ENVIRONMENTAL MANAGEMENT

- Eliminate breeding sites
- Solid waste management
- Proper water storage
- Environmental modification



VECTOR CONTROL INTERVENTIONS

- Indoor Residual Spraying (IRS)
- Larval source management (LSM)
- Space spray (during outbreaks)



CASE MANAGEMENT & REFERRAL

- Early diagnosis
- Prompt & effective treatment
- Referral & follow up



CAPACITY BUILDING & RESEARCH

- Training of health personnel
- Operational research
- Strengthening labs & services

PROGRAMME IMPLEMENTATION



KEY ENABLERS

- ✓ Inter-sectoral convergence (Local bodies, Education, Urban Development, etc.)
- ✓ Adequate logistics & supplies
- ✓ Human resource capacity
- ✓ Strong laboratory network
- ✓ Use of digital tools & innovations
- ✓ Community ownership

TARGET GROUPS



General Population
(All age groups)



Vulnerable Groups
(Children, Pregnant women, Elderly)



High Risk Groups
(Migrants, Outdoor workers, Residents of high transmission areas)



EXPECTED IMPACT

Reduction in incidence & mortality due to vector borne diseases

Improved quality of life

Reduced economic burden

Towards achieving public health security



KEY MESSAGE / CALL TO ACTION

Eliminate breeding. Protect yourself. Participate actively. Together, let's build a Vector Free India!

Together for a Vector Free India



REFERENCE

National Vector Borne Diseases Control Programme (NVBDCP), Ministry of Health & Family Welfare, Government of India.
<https://nvbdcp.gov.in>

Instagram Handle: @wings_todream

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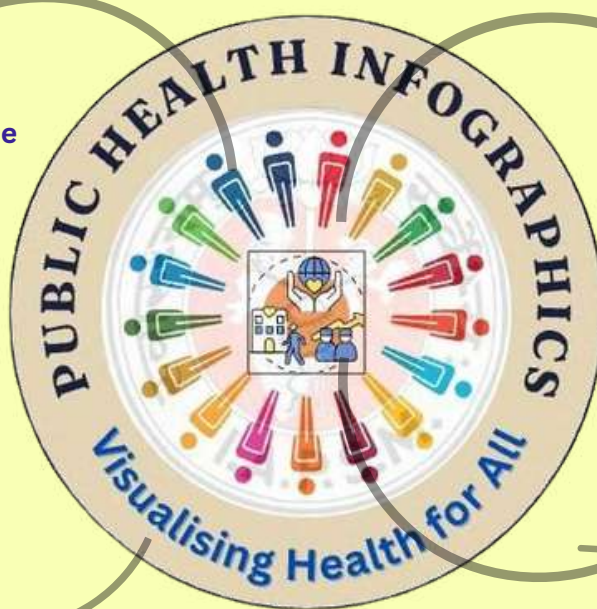
IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



Graphic-e-Health

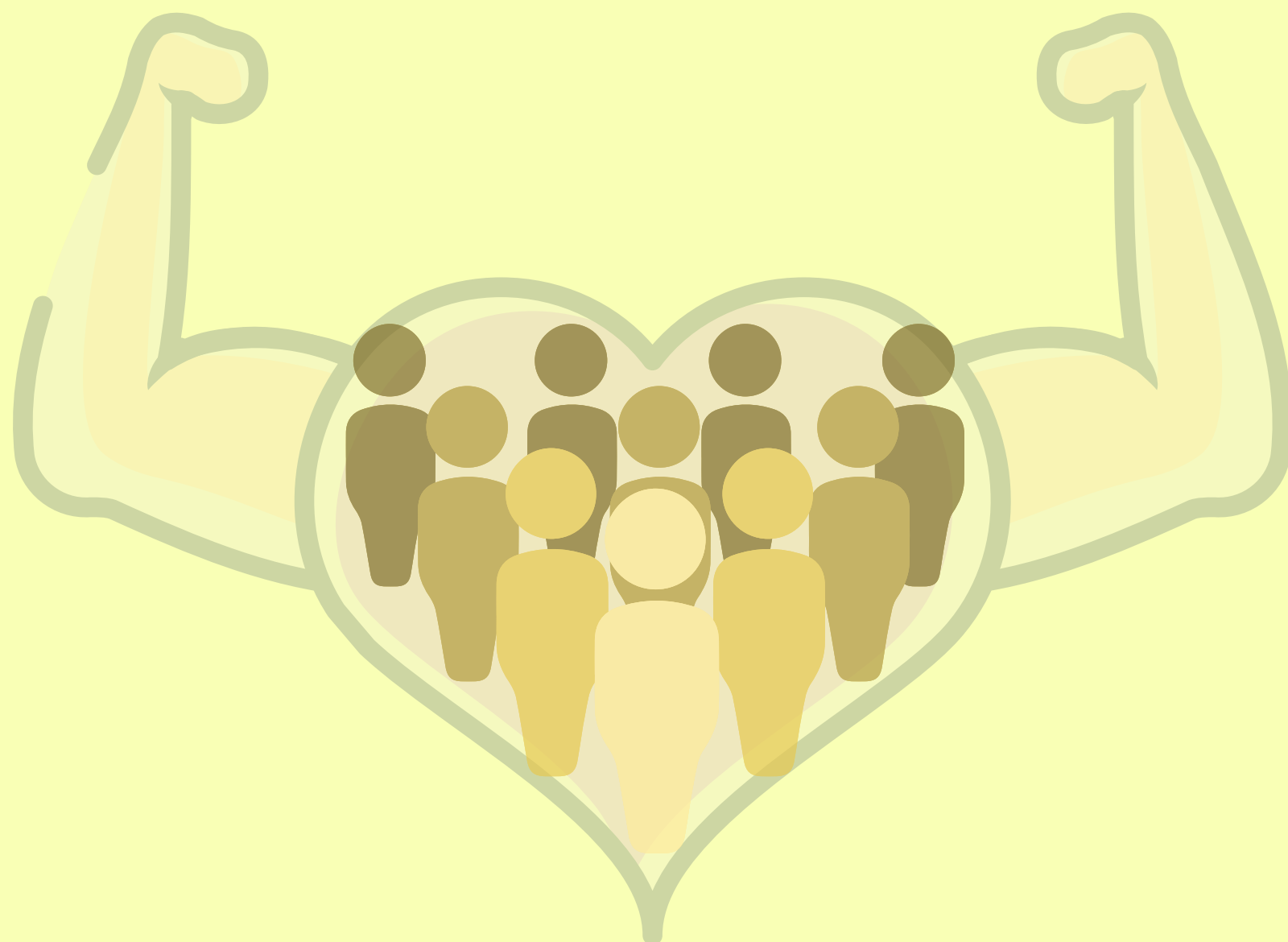
Highlights how infographics can educate the public about the health system and its services

Tagline for this initiative



Represents use of infographics to enhance collaboration and communication between public health professionals and the community

Represents the role of infographics in making public health data clear and simplified



Dear IAPSM Members,

“ Thank you for taking the time to explore our latest Public Health Infographics Edition. It is gratifying to know that these visual resources contribute to enhancing public health knowledge within our IAPSM community.

Your continued support and engagement with the Public Health Infographics initiative are truly appreciated. Our aim is to consistently improve the quality and relevance of our content, ensuring it serves as a useful resource for all. If you have any suggestions, feedback, or ideas for future infographic topics, we encourage you to reach out to us at iapsminfographics.iphi@gmail.com. We welcome your insights and are eager to incorporate changes that can enrich your experience.

Together, let's make this initiative even more impactful for our community.”



Best Regards,
Team IAPSM Public Health Infographics

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