



**DIRECTORATE GENERAL HEALTH SERVICES  
KHYBER PAKHTUNKHWA, PESHAWAR**

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1. All District Health Officers, including Merged Districts, Khyber Pakhtunkhwa
2. All Medical Superintendents, DHQ Hospitals, Khyber Pakhtunkhwa
3. All Medical Directors, Medical Teaching Hospitals, Khyber Pakhtunkhwa

**Subject: HEAT WAVE PREPAREDNESS AND MITIGATION GUIDELINES FOR SUMMER 2024**

Guidelines on preparedness & mitigation measures for heat wave related illnesses for upcoming summer season 2024 (Heat Stroke, Heat Exhaustion, Heat Cramps, Sun Burn and Heat Rash) is highly expected, especially in high-risk groups.

Preparedness and Mitigation measures are required to be in place for effective management of such cases and to avoid an unwanted situation.

Enclosed, please find detailed "Guidelines on Preparedness and Mitigation Measures for Heat-Related Illnesses." These guidelines outline the specific roles and actions required from District Health Offices, Hospitals, and individuals to effectively manage heat-related health risks.

It is requested that to implement these guidelines rigorously, promote awareness among the public, and focus on high-risk populations. Please circulate this information widely to ensure that the community is informed and prepared

  
**Director Public Health  
Director General Health Services  
Khyber Pakhtunkhwa**

Copy to;

1. Additional Director General Health Services, Khyber Pakhtunkhwa
2. The Hospital Directors, All MTI Hospitals, Khyber Pakhtunkhwa. (with the request for implementation)
3. Chief HSRU, Health Department, Khyber Pakhtunkhwa.
4. Regional Directors, All Regions, Health Department, Khyber Pakhtunkhwa.
5. Coordinator DRM, PDMA, Khyber Pakhtunkhwa
6. Director DHIS, DGHS KP (with the request to upload on official web page)
7. PS to Secretary Health Department, Khyber Pakhtunkhwa.
8. PA to Director General Health Services, Khyber Pakhtunkhwa

## **GUIDELINES FOR HEAT WAVE RELATED ILLNESSES, HEALTH DEPARTMENT, KHYBER PAKHTUNKHWA.**

It is expected that extreme heat waves will become more common worldwide because of rising average global temperature. Since the beginning of the 21st century, this has increased by nearly 01 degree Centigrade. This weather pattern, coupled with the El-Nino effect, is increasing the temperatures in Asia. Further, high humidity compounds the effects of the temperatures being felt by human beings. Extreme heat can lead to dangerous, even deadly, consequences, including heat stress and heatstroke.

The following guidelines are to ensure preparedness for managing the extreme heat conditions and to ensure the proper management of heat exhaustion and heat stroke.

### **Preventive Measures / Preparedness**

#### **District Health Office**

All District Health Officers in coordination with Deputy Commissioners, are advised to ensure;

1. District Focal Person for Heat Wave related illnesses is notified.
2. Heat Stroke Treatment Unit is established at Cat. D and above hospital under control of District Health Office with all necessary preparedness and preventive measures.
3. Stockpiling of ORS, IV Fluids, medicines and other supplies.
4. Surveillance of cases and deaths of Heat wave related illness and submission of weekly report to Health Department Khyber Pakhtunkhwa.
5. Capacity Building of Health workforce on management of Heat wave related illnesses.
6. Coordination with district line departments on preventive measures.
7. Awareness campaigns on Heat wave related illnesses, in coordination with District Administration and other line departments for general public and specific target groups e.g. labourers, street vendors, school children, factory workers, security personnel's etc.
8. Banners/ Posters regarding Heat wave illnesses and preventive measures are displayed at health facilities under the control of District Health Office.

#### **Hospitals**

All Medical Superintendents of the hospitals are advised to ensure;

1. Potable cool drinking water is available for patients and their attendants in hospitals especially in Wards, OPDs and waiting areas.
2. Waiting area for patients and their attendants is shaded and well ventilated with proper cooling.
3. Patients sorting/ triage is in place to avoid congestion and overcrowding especially in Emergency Department, OPDs and waiting areas.
4. All wards and units are properly ventilated and cooling system is functional.
5. Heat Stroke Treatment Unit is established in hospitals with all necessary medicines and supplies. Heat Stroke Treatment Unit must be properly ventilated and air conditioned.



6. Stockpiling of ORS/ IV Fluids and other emergency medicines in hospital for the treatment of Heat wave related illnesses.
7. Availability of enough cool packs/ Ice packs in Heat Stroke Treatment Units.
8. Availability of staff (Medical Officers/ Nurses/ Paramedics and support staff) round the clock in Heat Stroke Treatment Units.
9. Coordinate with Resuce 1122 for availability of ambulance round the clock, in case of referral.
10. Weekly reporting of all cases of heat related illnesses and deaths to concerned District Health Officers/ Heat Wave Focal Person.
11. Banners/ Posters regarding Heat wave illnesses and preventive measures are displayed at prominent places in hospital, for awareness of the general public.

### **Individuals:**

All individuals are advised to adapt following measures to avoid any deleterious effect of heat wave.

1. Listen to Radio, watch TV, read newspaper for local weather forecast to know if a heat wave is on the way.
2. Drink sufficient water/ ORS/ homemade drinks like lassi, rice water, lemon water, buttermilk, etc. which help to re-hydrate the body, as often as possible, even if not thirsty.
3. Wear lightweight, light-colored, loose, and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in sun. Avoid wearing dark, heavy or tight clothing.
4. If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.
5. Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures. If you feel faint or ill, see a doctor immediately.
6. Keep your home cool, use curtains, shutters or sunshade and open windows at night.
7. Use fans, damp clothing and take bath in cold water frequently.
8. Schedule strenuous jobs to cooler times of the day.
9. Increase the frequency and length of rest breaks during outdoor activities.
10. Pregnant workers and workers with a medical condition should be given additional attention.
11. Do not leave children or pets in parked vehicles.
12. Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
13. Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.
14. Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
15. Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
16. Avoid high-protein food and do not eat stale food.
17. Keep animals in shade and give them plenty of water to drink.

## Dealing with Heat Related Illness

Heat-related illness can be prevented. The most crucial point of intervention concerns the use of appropriate prevention strategies by susceptible individuals. Knowledge of effective prevention and first-aid treatment is crucial for health care and relief workers.

### Symptoms and First Aid for various Heat Disorders

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High Body Temperature (103°F or Higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Confusion</li><li>• Loosing Consciousness (Passing out)</li></ul>	<ul style="list-style-type: none"><li>• Heat Stroke is a medical emergency. Call for ambulance (Rescue 1122)</li><li>• Move patient to a cooler place</li><li>• Help lower the person's temperature with cool cloth or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (Passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b><u>Get medical help right away/ call 1122, if:</u></b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 01 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasm</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b><u>Get medical help right away/ call 1122, if:</u></b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 01 hour</li><li>• You are on a low sodium diet</li><li>• You have heart problem</li></ul>

SUN BURN	
<ul style="list-style-type: none"> <li>• Painful, red, and warm skin</li> <li>• Blisters on skin</li> </ul>	<ul style="list-style-type: none"> <li>• Stay out of the sun until your sunburn heals</li> <li>• Put cool cloths on sunburned areas or take a cool bath</li> <li>• Put moisturizing lotion on sunburned areas</li> <li>• Do not break blisters</li> </ul>
HEAT RASH	
<ul style="list-style-type: none"> <li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul>	<ul style="list-style-type: none"> <li>• Stay in a cool, dry place</li> <li>• Keep the rash dry</li> <li>• Use powder (like baby powder) to sooth the rash</li> </ul>

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## **Roles and Responsibilities of Departments for Managing Heat Wave**

Prevention, preparedness and mitigation measures for various stakeholders are as under;

1. **Provincial Disaster Management Authority**
  - i. Preparation and Implementation of Heat Wave Action Plan
  - ii. Establishment of Provincial Control Room & Notification of Provincial Focal Person, in case of emergency is declared
  - iii. Collection of relevant data, generation and dissemination of daily sitrep, in case emergency is declared.
2. **Regional Meteorological Center (RMC), Peshawar**
  - i. Issue Heat wave alerts and weather forecasts on short/ medium/ long range duration to all line departments and general public.
3. **Information Department**
  - i. To disseminate information received from RMC to the public at large
  - ii. Extensive IEC campaigns to create awareness through print, electronic and social media regarding Prevention of Heat Wave related illnesses
4. **Municipal Corporations & Local Government**
  - i. To construct shelters/ shades at bus stands and waiting areas
  - ii. To construct shades for security personnel's/ traffic police working at public places like chowks
5. **Public Health Engineering Department (PHED)**
  - i. To provide safe and cold drinking water points in cities, worksites, public places etc.
6. **Rescue 1122**
  - i. Stockpiling of ORS/ IV Fluids and emergency medicines
  - ii. Strategic deployment plan of ambulances for shifting patients with heat related illnesses to tertiary health care facilities
  - iii. Record keeping of ambulatory care
  - iv. Coordination with District Health Offices and Medical Superintendents to ensure timely referral
  - v. Record keeping of ambulatory care
  - vi. Coordination with District Health Offices and Medical Superintendents of Designated Hospitals
7. **Education Department**
  - i. Raising awareness regarding Heat wave related illness and its prevention among teachers and students.
  - ii. Ensure classrooms are well ventilated
  - iii. Provision of cold and safe drinking water
  - iv. Prohibit outdoor activities and games during peak hours.
  - v. Review the school timings and early summer vacations in case of emergency declaration.

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**8. Labor Department**

- i. Raising awareness regarding Heat wave related illness and it's prevention
- ii. Review of working hours and provision of break during peak hours (1200 – 15:00)
- iii. Provision of Safe cool drinking water to laborers at workplace/ sites.
- iv. Provision of shades for laborers at outdoor working sites.
- v. Coordination with neighboring health facilities and Rescue 1122 in case of emergency.

**9. Police Department**

- i. Raising awareness regarding Heat wave related illness and it's prevention.
- ii. Provision of safe and cold drinking water.
- iii. Provision of shades/ umbrellas/ Hats to personnel deputed on field duties, especially Traffic Police and security check posts

**10. District Administration**

- i. Overall coordination and oversight of preparedness and response activities at district level
- ii. Establishment of District Control Room in case of emergency declaration.

**11. Transport Department (Regional Transport Authority and Mass Transit KP)**

- i. Display of awareness banners/ posters at bus stands and BRT stations.
- ii. Provision of safe drinking water at bus stands and public transport vehicles
- iii. Ensure waiting areas are cool and well ventilated.

**12. Auqaf Department**

- i. Raising awareness of Ulemas on Heat wave related illnesses, in coordination with Health Department and District Administration.
- ii. Raising awareness among general public through Ulemas during prayers, especially Jummah Prayers.
- iii. Provision of Shades during Jummah Prayers.
- iv. Provision of safe and cold drinking water in Masajids.
- v. Ensure good ventilation in Masajids.

**13. Peshawar Electricity Supply Corporation (PESCO)**

- i. Ensure uninterrupted supply of electricity during peak hours.
- ii. Provision of umbrellas/ hats to field workers.
- iii. Provision of safe cold drinking water during duty hours.

**14. All Departments**

- i. All departments to ensure preventive measures as per "Annexure – I".

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**Do's and Dont's**

Heat Wave conditions can result in physiological strain, which could even result in death. To minimize the impact during the heat wave and to prevent serious ailment or death because of heat stroke, the following measures are useful:

**DO's**

- Listen to Radio, watch TV, read newspaper for local weather forecast to know if a heat wave is on the way
- Drink sufficient water and as often as possible, even if not thirsty
- Wear lightweight, light-colored, loose, and porous cotton clothes. Use protective goggles, umbrella/hat, shoes or chappals while going out in sun.
- While travelling, carry water with you.
- If you work outside, use a hat or an umbrella and also use a damp cloth on your head, neck, face and limbs.
- Use ORS, homemade drinks like lassi, rice water, lemon water, buttermilk, etc. which help to re-hydrate the body.
- Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures. If you feel faint or ill, see a doctor immediately.
- Keep animals in shade and give them plenty of water to drink.
- Keep your home cool, use curtains, shutters or sunshade and open windows at night.
- Use fans, damp clothing and take bath in cold water frequently.
- Provide cool drinking water near work place.
- Caution workers to avoid direct sunlight.
- Schedule strenuous jobs to cooler times of the day.
- Increasing the frequency and length of rest breaks for outdoor activities.
- Pregnant workers and workers with a medical condition should be given additional attention.

**DONT's**

- Do not leave children or pets in parked vehicles.
- Avoid going out in the sun, especially between 12.00 noon and 3.00 p.m.
- Avoid wearing dark, heavy or tight clothing.
- Avoid strenuous activities when the outside temperature is high. Avoid working outside between 12 noon and 3 p.m.
- Avoid cooking during peak hours. Open doors and windows to ventilate cooking area adequately.
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
- Avoid high-protein food and do not eat stale food.

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