



TAKE CARE
AND
STAY SAFE

Dear parents Greetings from NIPS

The weather department has predicted above-normal temperatures for central, western, and northern India, where mercury has already hit 46° Celsius in many places, a recorded deviation of 6° Celsius from normal.

While asking parents facilities to remain prepared with essential medicines and consumables such as IV fluid, ORS, ice packs and cool drinking water.

While advising people to remain indoors during the hot parts of the day, the guidelines suggest people cover their head with umbrellas or caps while stepping out.

'Reschedule or plan outdoor activities during the cooler parts of the day,' the guidelines state, adding people must remain well-hydrated and drink water regularly even if not thirsty.

The guidelines, however, advise against consumption of alcohol, hot beverages or carbonated drinks.

People have been asked to contact the 108/ 102 help lines should they experience any heat-related symptoms such as high body temperature, unconsciousness or a state of confusion, or lack of sweat.

A core body temperature above 40° C or 104° F, muscle weakness and cramps, nausea and vomiting, besides a rapid heartbeat and shallow breathing have been identified as a medical emergency.

In children, refusal to eat, excessive irritability, decreased urine output, lethargy or absence of tears are dangers signs, the guidelines say.

The guidelines also have sections who have been asked to provide drinking water at workplaces and ensure people consume it every 20 minutes. Kindly Send two water bottles or a big water bottle.

Students, teachers and parents kindly follow the guidelines. Be safe. Be hydrate. Take care.

Thanks Regards

Buvana
Principal
NIPS Sector 121, Noida