



Cold Wave

Safety Tips :

- Keep ready the Emergency Kit along with snow shovels, wood for your fireplace and adequate clothing.
- Listen to local Radio Station for weather updates. Stay indoors; minimize travel.
- Keep dry. Change wet clothing frequently to prevent loss of body heat.
- Watch for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ear lobes, and the tip of the nose.
- Maintain proper ventilation when using kerosene heaters or coal oven to avoid toxic fumes.
- Go to a designated public shelter, if your home loses power or heat during extreme cold.
- Protect yourself, from frostbite and hypothermia by wearing warm, loose fitting, lightweight clothing in layers.

*Disaster destructs,
Preparedness protects.*



Himachal Pradesh State Disaster Management Authority

Telephone No. 0177-2629688, 2629439, 2629939, 2628940

Toll Free Helpline No-1070

Website: www.hpsdma.nic.in