

Advisory: Precautions Against Severe Winter in Jammu & Kashmir

The Government Medical College, Kathua advises all residents and visitors to take necessary precautions to stay safe and healthy during the severe winter season. Below are recommendations to help prevent cold-related illnesses and emergencies:

1. Clothing and Protection

- **Dress in layers:** Wear multiple layers of warm clothing to trap heat. Include thermal innerwear, woolen sweaters, and insulated jackets.
 - **Cover extremities:** Use gloves, woolen caps, scarves, and thermal socks to prevent heat loss.
 - **Waterproof attire:** Wear waterproof jackets and boots to protect against snow and dampness.
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2. Heating and Indoor Safety

- **Ensure proper ventilation:** Avoid using unventilated heating devices like coal braziers (kangris) or gas heaters for prolonged periods to prevent carbon monoxide poisoning.
 - **Use safe heating appliances:** Check all electrical heating equipment for safety and turn off devices when not in use.
 - **Keep emergency supplies:** Store blankets, warm clothing, and an alternative light source in case of power outages.
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3. Health Precautions

- **Stay hydrated:** Drink warm fluids like soup, tea, or water to maintain body temperature and hydration.
 - **Monitor health:** Be aware of symptoms of hypothermia (shivering, slurred speech, confusion) and frostbite (numbness, discoloration of skin).
 - **Prioritize vulnerable groups:** Provide extra care for the elderly, infants, and those with pre-existing medical conditions.
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4. Emergency Preparedness

- **Stock essentials:** Keep a supply of non-perishable food, drinking water, medications, and batteries.
 - **Emergency contacts:** Save the numbers of local emergency services, hospitals, and helplines.
 - **Prepare vehicles:** Equip cars with snow chains, antifreeze, and emergency kits.
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5. Avoid Outdoor Exposure

- **Limit outdoor activities:** Stay indoors as much as possible, especially during heavy snow or extreme cold.
 - **Stay updated:** Follow weather forecasts and heed warnings from local authorities.
 - **Travel with caution:** Inform others about your travel plans and avoid unnecessary trips during snowstorms.
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6. Community Efforts

- **Check on neighbors:** Ensure the safety of elderly or sick individuals in your community.
 - **Report issues:** Notify authorities of unsafe conditions such as fallen trees, power outages, or blocked roads.
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For assistance, contact:

- **Emergency Helpline:** 112
- **Weather Updates:** India Meteorological Department (IMD)

Stay warm, stay safe, and follow official guidance.