

Dos and Don'ts for Cold Wave

Dos

Before

- Have adequate winter clothing. Multiple layers of clothing are also useful.
- Have emergency supplies ready.

During

- Stay indoor as much as possible, minimise travel to prevent exposure to cold wind.
- Keep dry. If wet, change clothes quickly to prevent loss of body heat.
- Prefer mittens over gloves; mittens provide more warmth and insulation from cold.
- Listen to radio, watch TV, read newspapers for weather updates.
- Drink hot drinks regularly.
- Take care of elderly people and children.
- Store adequate water as pipes may freeze.
- Watch out for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ear lobes and the tip of the nose.
- Put the areas affected by frostbite in warm not hot water (the temperature should be comfortable to touch for unaffected parts of the body).

In the case of Hypothermia

- Get the person into a warm place and change his/her clothes.
- Warm the person's body with skin-to-skin contact, dry layers of blankets, clothes, towels, or sheets.
- Give warm drinks to help increase body temperature. Do not give alcohol.
- Seek medical attention if the condition worsens.

Don'ts

- Don't drink alcohol. It reduces your body temperature.
- Do not massage the frostbitten area. This can cause more damage.
- Do not ignore shivering. It is an important first sign that the body is losing heat and a signal to quickly return indoors.

Dos and Don'ts for cold wave / ground frost conditions in Agriculture

Dos

- Apply light and frequent irrigation / sprinkler irrigation in the evening hours to protect the crops from cold injury.
- Cover young fruit plants with Sarkanda / straw / polythene sheets / gunny bags.
- Cover banana bunches with porous polythene bags.
- In rice nursery: cover the nursery beds with polythene sheet during night and remove in the morning. Irrigate the nursery beds in the evening and drain out the water in the morning.
- To protect sensitive crops like mustard, rajmah and gram from frost attack, spray dilute Sulphuric Acid @ 0.1% (1 litre H₂SO₄ in 1000 litres of water) or thiourea @ 500 ppm (500 gm thiourea in 1000 litres of water).
- If your area is prone to cold wave grow wind / shelters breaks / Alley crops.
- Prune the affected parts of the plants at the end of February or early March. Spray copper fungicides on the pruned plants and apply NPK with irrigation.

Don'ts

- Do not apply nutrient to soil during cold weather, plant can't uptake due to poor root activity.
- Do not disturb the soil; loose surface reduces the conduction of heat from lower surface.

Animal Husbandry

Dos

- Keep cattle inside the sheds during night and provide dry bedding to protect them from cold.
- Increase protein level and minerals in the feed concentrate to keep the animals healthy to cope up with the cold condition.
- Give animals mineral mixture along with salt regularly and also wheat grains, jaggery etc. @ 10%-20% in the daily ration during winter season to meet the energy requirement of the animals.
- In Poultry, keep the chicks warm by providing artificial light in the poultry sheds.

Don'ts

- Do not allow cattle/goats grazing during morning hours.
- Do not keep cattle/goat in the open during night time.