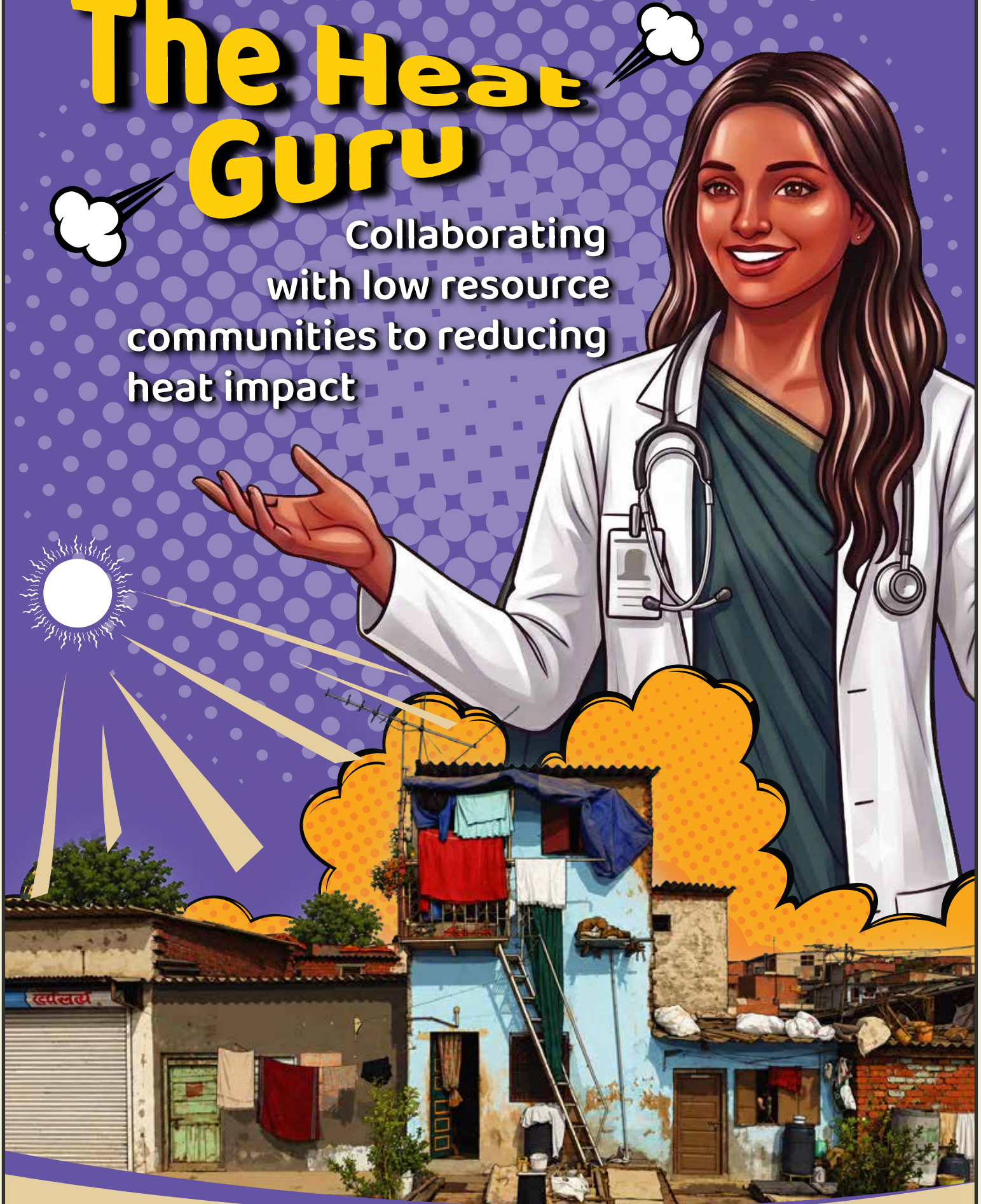


The Heat Guru

Collaborating
with low resource
communities to reducing
heat impact





Let's talk about our summers

Raise your hands <
> if this happens to you



1

Water gets hot
by noon



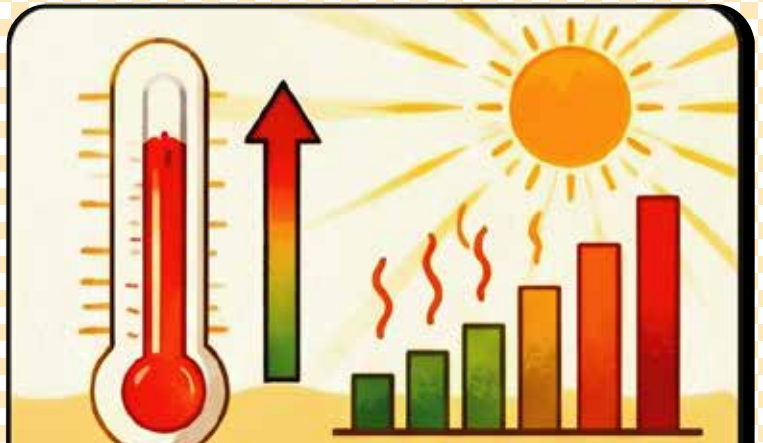
2

House feels hot
even at night



3

Having a headache
even when stepping
out of the house for
a little while

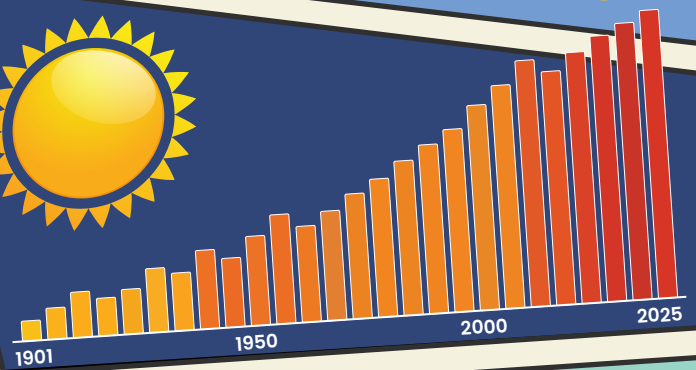
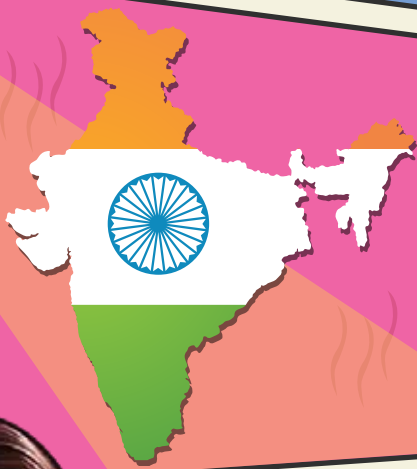


4

Summers feel
hotter than before

Heat is increasing across India

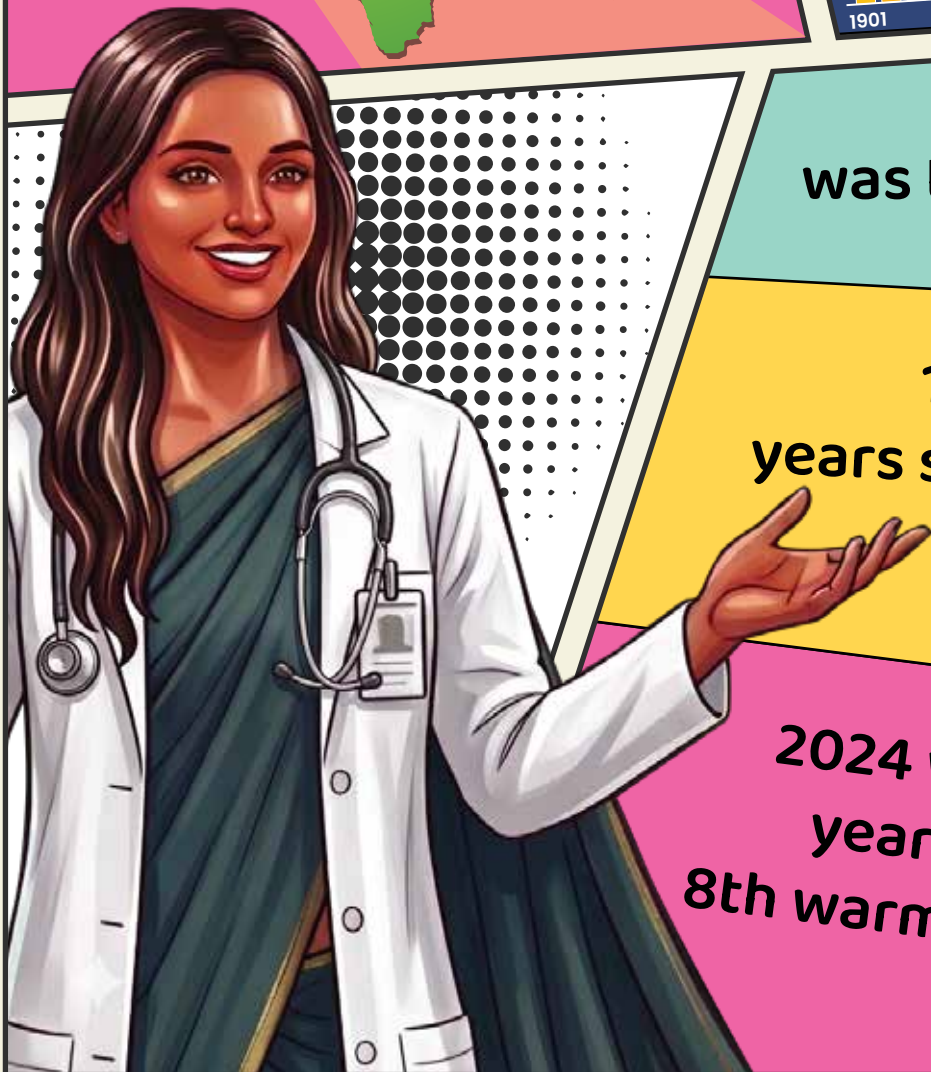
Heat is not a one-time event anymore- India is getting warmer over time



**2016-2025
was the warmest decade
on record¹**

**10 of the 15 warmest
years since 1901 happened
in the last 15 years**

**2024 was India's warmest
year while 2025 was the
8th warmest year since 1901**



Why is it happening?

What is changing?



Summers are hotter each decade



Rains arrive later every year



Heat waves now happen every 3–5 years

What is causing this?

Think of the Earth wearing a thick woollen blanket.

- This blanket helps keep the Earth warm enough for life
- Normally, some heat escapes and keeps temperatures balanced



What is happening now?

When we burn petrol, diesel, coal and waste, gases are released into the air

- These gases act like extra layers added to the blanket
- The blanket becomes thicker and traps more heat



These gases are called greenhouse gases. They mainly come from vehicles, factories, power plants, burning of fuels and waste.

What is the result?

More gases = thicker blanket
Thicker blanket = more heat trapped
More trapped heat = rising temperatures

This slow, worldwide heating is called climate change.



Heat is changing in dangerous ways



Heat extremes across India have increased during 1981-2022.³

Heat waves are getting:

- More frequent
- More intense
- More dangerous

In the last decade, **very warm nights increased faster than very hot days.** Warm nights stop the body from cooling down after daytime heat.



Nights getting hotter = no relief from the heat

Why is it **worse** in our cities and slums?

On top of global warming, three local factors make heat even more dangerous:



1

Heat gets trapped in building and roads

- Concrete roads and rooftops absorb heat during the day
- They release this heat slowly at night

So nights do not cool down.

This is called the Urban Heat Island effect.

2

Less trees, less cooling

- Trees provide shade and cool the air
- But many trees are getting cut for construction

**Less shade =
higher
temperatures**



3

Homes trap heat inside

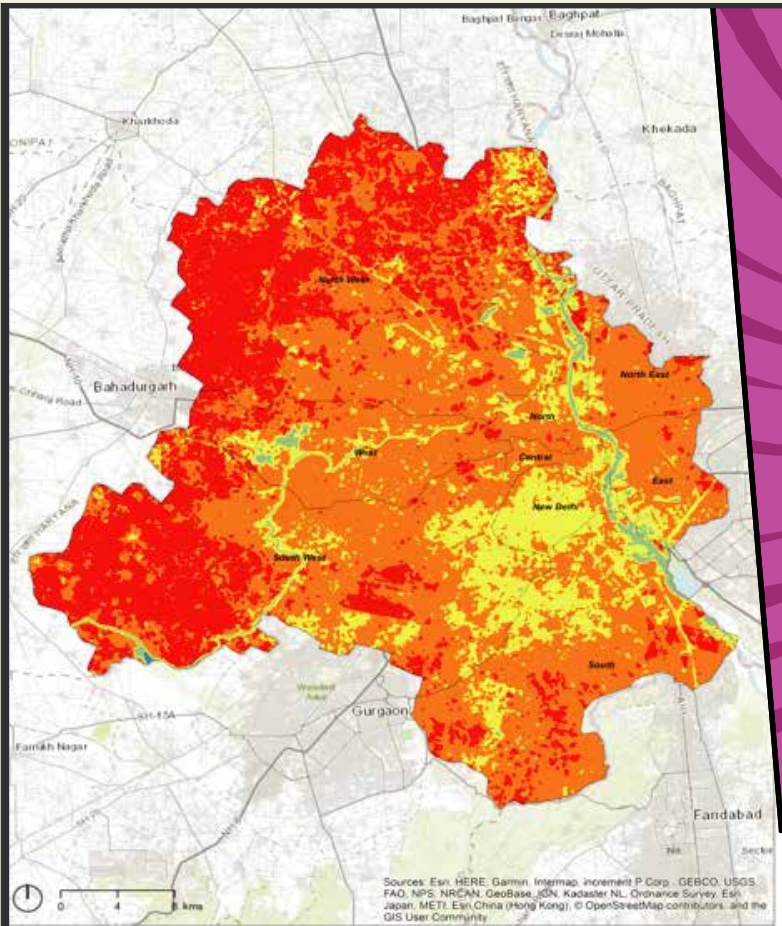
- Tin, plastic and asbestos-sheet roofs heat up quickly
- They trap heat inside like an oven

**These homes end up being
5-8°C hotter, even at night**



Delhi's Heat Map

Temperatures in Delhi regularly cross 45°C, but Delhi's heat is not equal everywhere



Districts Boundary May LST (2019-21) ■ <33 ■ 33.1 - 39 ■ 39.1 - 43 ■ 43.1 - 47 ■ >47

Source : SEEDS India and Landsat 8

- Red areas show where land surface temperatures are highest.
- Dense built-up areas heat up more.
- Less shade means more exposure
- Some neighbourhoods become much hotter than others



Source: SEEDS India and Landsat 8.

What can we do right now?

We cannot stop the heat today,
but we can protect lives- starting now



Three simple ways to protect lives:



Keep homes and
neighbourhoods cooler



Stay hydrated and
eat right



Look out for each other

As a Cooling Champion, tell your
community that heat waves are
a '**silent disaster**', and climate
change is making them come more
often and become more deadly.



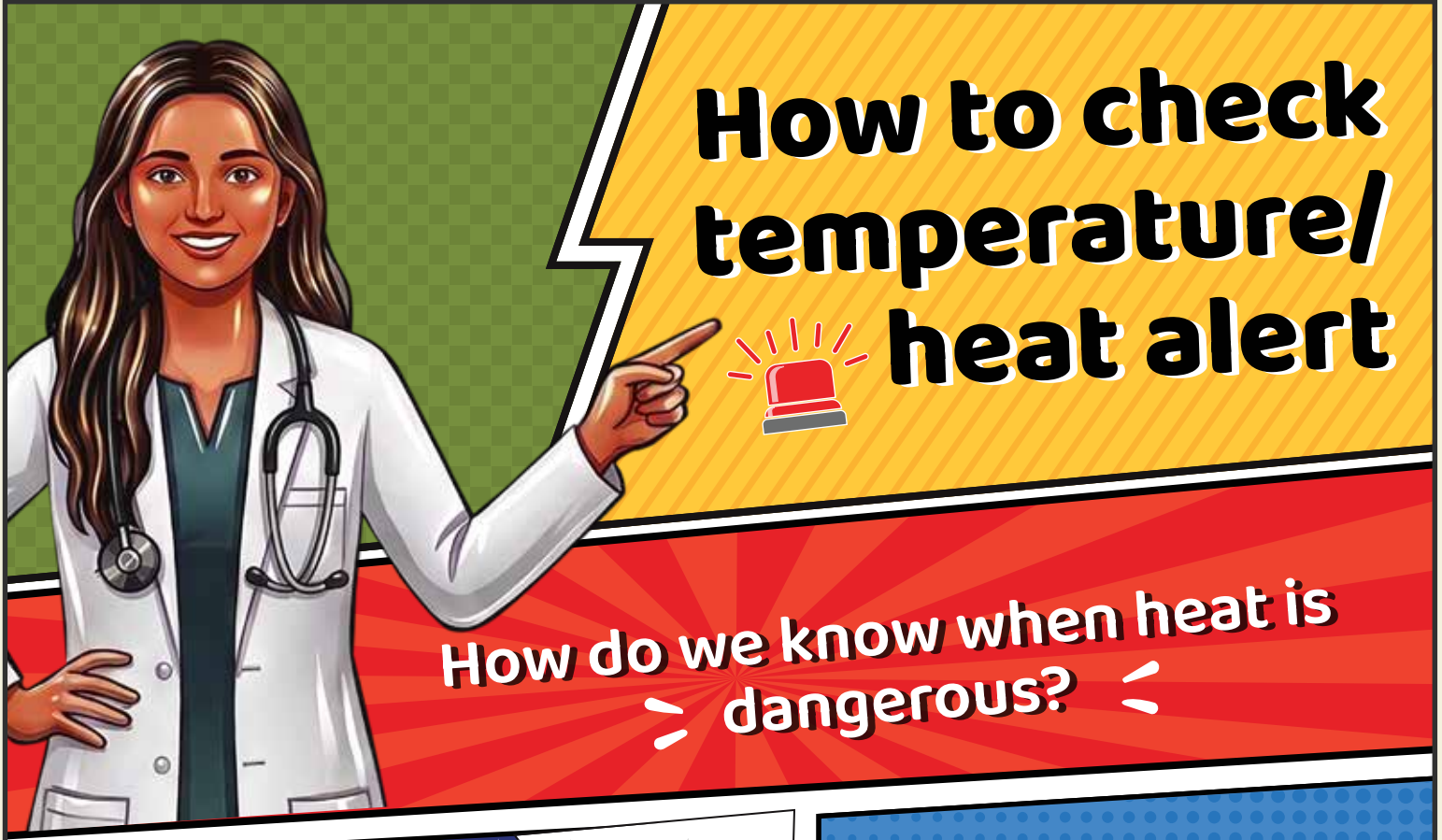
Note for trainer: We will go
more in-depth into each of
these three steps in the
subsequent sections.



CHAMPION TIP:

Our grandparents did not worry about heat waves
the way we do today. That change is real. It is caused
by climate change. And it is our responsibility to
protect our neighbours from it.





How to check temperature/ heat alert



How do we know when heat is dangerous? <

1. Look outside

- Very hot wind (loo)
- No relief at night
- Feels sticky/sweaty (humidity)

This means danger is high



2. Listen/Ask

- TV/radio alerts by IMD
- ASHA/ANM/Anganwadi worker
- Local announcements

If they say heat wave= prepare



Do not wait to feel sick- prepare when the heat alert is issued

3. If you have a phone

- Open the weather app
- Look for
 - Temperature above 39°C
 - Yellow/Orange/Red alert



Which is worse?

Imagine these two days



Option 1:

45°C

Dry heat



Option 2:

39°C

Very humid

**Which day
feels more
dangerous?**



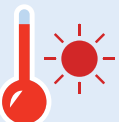
**Let's find out
why humidity
can make heat
deadly.**



How the body reacts to heat



Your body has a natural cooling system. Understanding how it works, and how it breaks down, helps you protect your community.

Step	What Happens in the Body	When It Goes Wrong
1. Normal State 	Body maintains 37°C (98.6°F) - the safe operating temperature.	If heat builds faster than it can be released, temperature starts rising. 
2. Cooling Kicks In 	Heart pumps blood to skin. Sweat forms and evaporates, carrying heat away from the body.	In high humidity, sweat cannot evaporate. Heat stays trapped inside. 
3. Warning Zone 	Body feels hot, dizzy, and weak. Skin is cold and clammy. This is heat exhaustion- act now before it gets worse.	If ignored, body temperature continues to climb dangerously.
4. Danger Zone 	Body temperature crosses 40°C (104°F) . Brain and organs- heart, kidneys, liver- begin to suffer direct damage.	This is heat stroke- a life-threatening emergency. Start emergency response immediately. 

Why humidity is the hidden enemy



Wet Bulb Effect + Temperature + Humidity

Wet-Bulb temperature is used to depict the temperature at which our bodies become incapable of cooling themselves down by sweating.

It is measured by wrapping a wet-cloth over the bulb of a thermometer.

As long as the wet-bulb temperature is below our body temperature, the body releases heat to our surroundings and thus cools down. But if the wet-bulb temperature reaches our body temperature, cooling off becomes difficult or impossible, causing serious health implications.

The 'Pressure Cooker' Analogy

Think of your body like a pressure cooker. If the steam cannot escape, the pressure builds up until the machine breaks.

Heat inside the body = pressure building;
Sweating = steam escaping

Humidity blocks sweat from drying. When heat cannot escape, the body overheats.

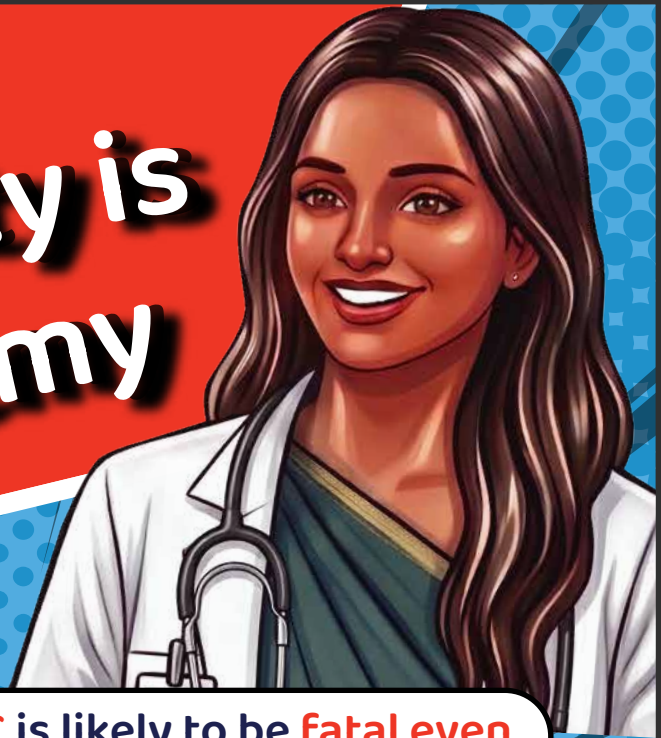


Six or more hours of exposure to such high wet-bulb temperatures can lead to organ failure and death





Why humidity is the hidden enemy

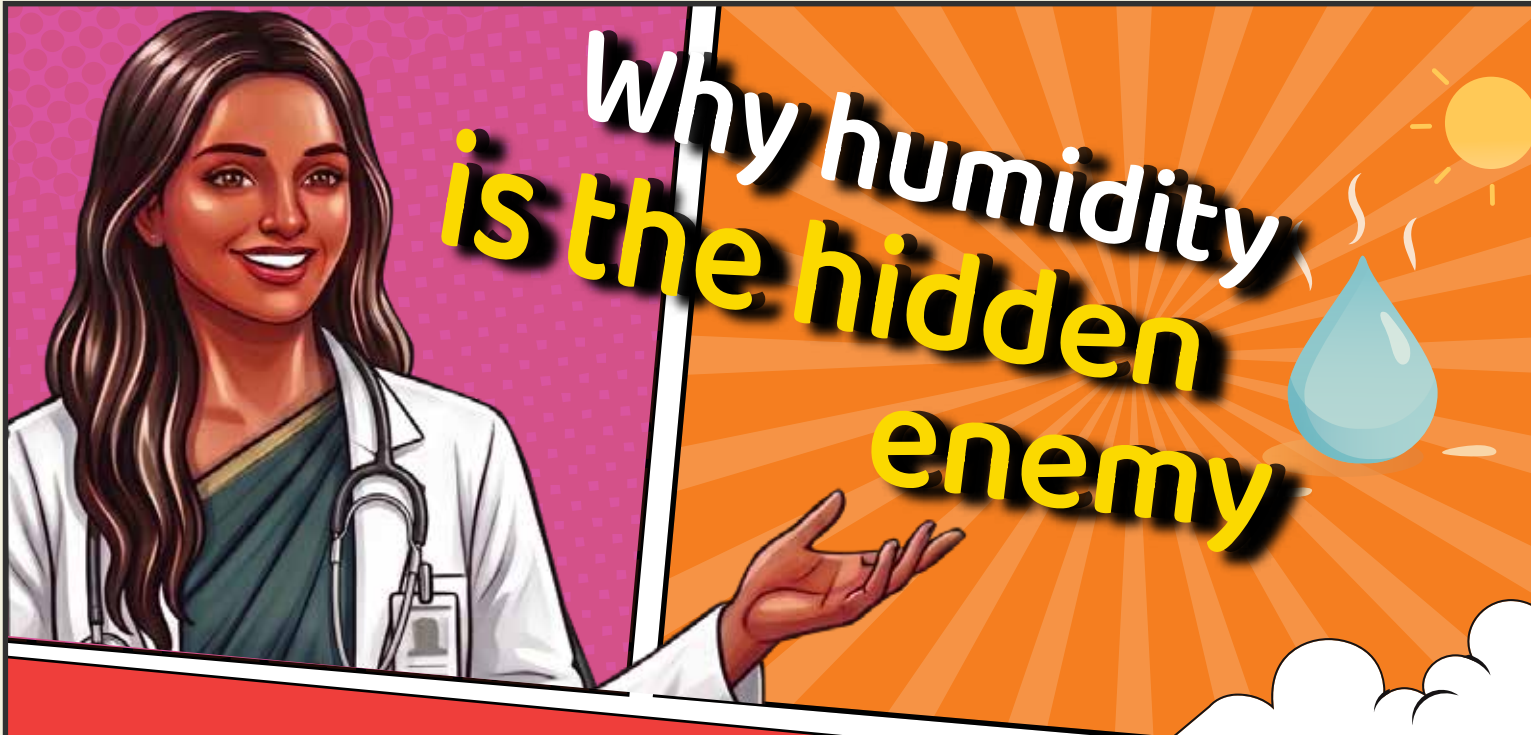


A wet-bulb temperature of $> 35^{\circ}\text{C}$ is likely to be fatal even to a fit person under shade, with access to unlimited drinking water, after a few hours of exposure

Condition	What Happens to Your Body	Risk Level
Low humidity (dry heat) 	Sweat evaporates quickly. Body cools efficiently. Manageable if hydrated.	 Moderate
High humidity (wet/sticky heat) 	Sweat cannot evaporate. Body cannot cool down. 'Feels like' temperature rises steeply.	 HIGH DANGER
35°C with high humidity (90%) 	Body experiences the equivalent of 45°C . Heat stroke can happen even at lower temperatures.	 EXTREME DANGER

The Wet Cloth Test

Hold a wet cloth and fan it. If it does NOT feel cool- the humidity is too high for your body to cool itself. On these days: use wet clothes on skin constantly. Prioritize drinking cool water over just using fans- fans only move hot, wet air.



Who suffers most from humidity?



Outdoor Workers: Heavy labour in high humidity traps internal body heat- rapid exhaustion follows.



People in Slums: Tin and plastic-sheet homes trap heat. Without cross-ventilation, indoor air becomes like an oven.



Pregnant Women: Pregnancy already raises internal body heat- high humidity makes cooling nearly impossible.



EMERGENCY RESPONSE

- If someone is sweating but NOT feeling cooler — or stops sweating entirely while in the heat — their body is in danger.
- Start cooling immediately + give ORS if conscious
- Start emergency response: COOL → MOVE → CALL
- Contact the nearest Urban Primary Healthcare Centre (UPHC) — keep the number visible at home and at your Cooling Hub.

Behaviour change is often an early warning sign of heat stress.

HEALTH PERSPECTIVE – Heat and Mental Health

- Heat affects the brain too, not just the body
- Causes irritability, anger, poor concentration
- Sleep gets disturbed
- Causes confusion in severe cases

How to make **ORS** at home

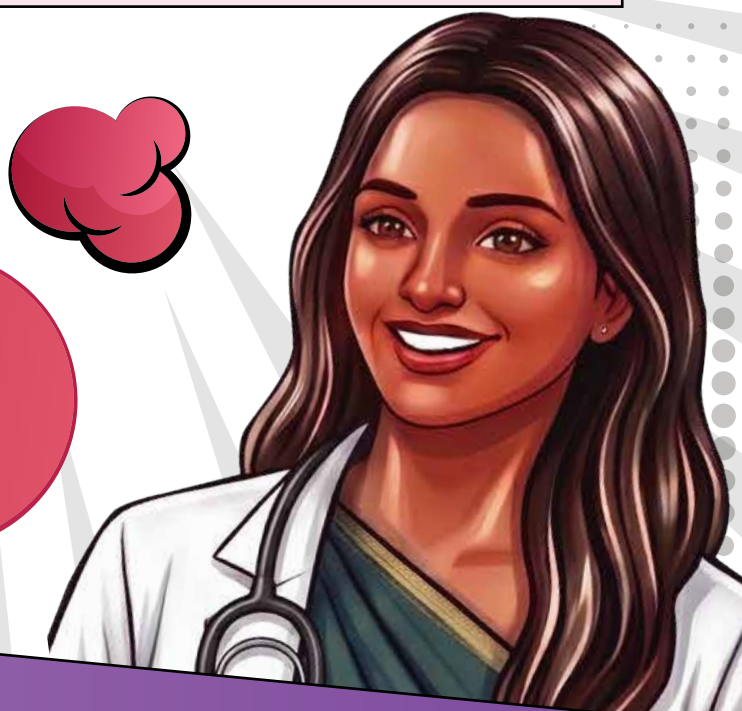


Step	What to Do
Step 1	Take 1 litre of clean boiled water. Let it cool to room temperature.
Step 2	Add 6 level teaspoons of sugar (not heaped).
Step 3	Add ½ (half) teaspoon of common salt.
Step 4	Stir well until fully dissolved.
Step 5	Give small sips every few minutes. One cup every 15 minutes. Use within 24 hours.



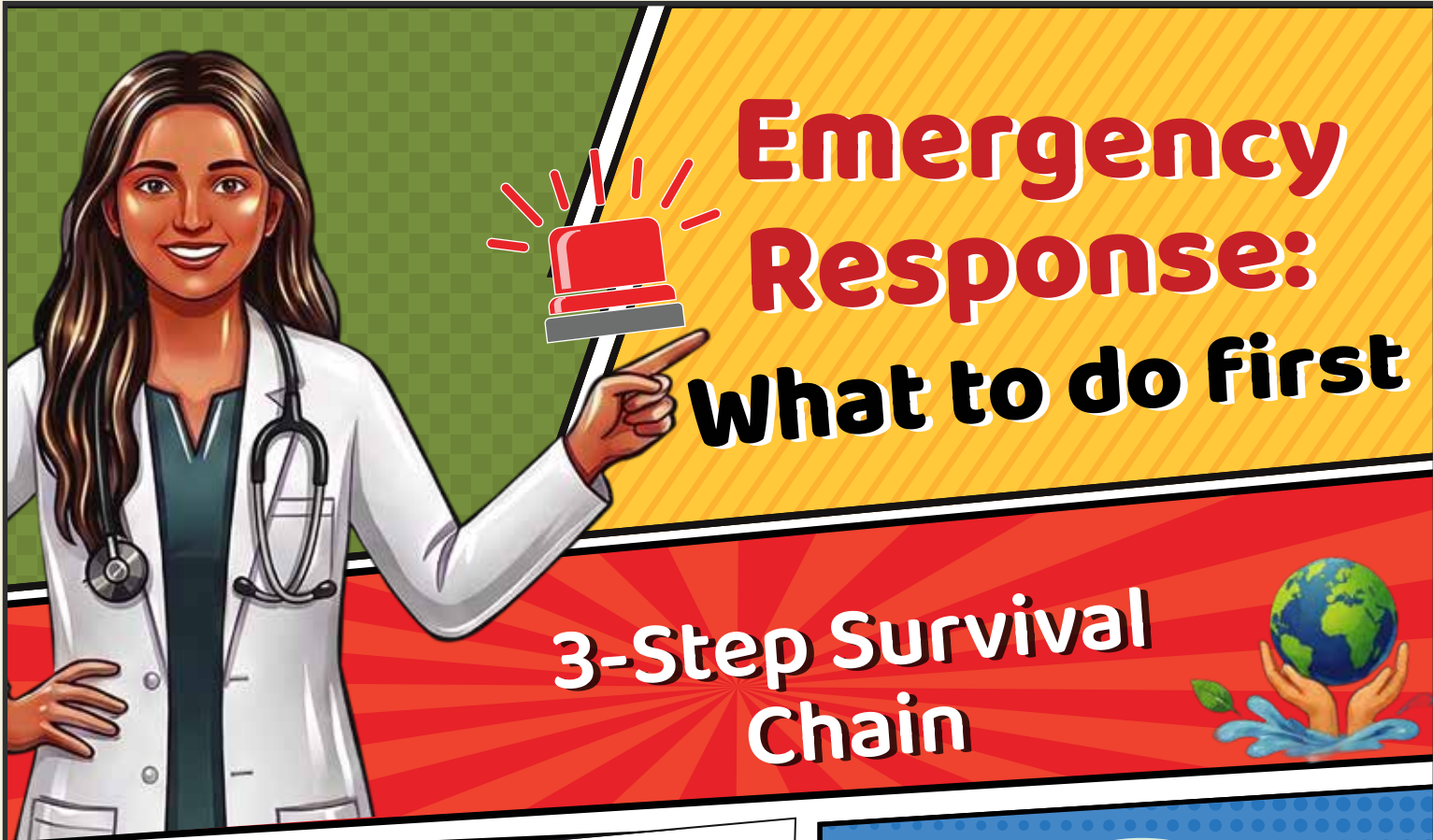
CHAMPION TIP:

If a prepared ORS packet from the health centre is available, use that. It is even better than the home recipe.



Demo video link

<https://youtube.com/shorts/XYGMw7MBWhg?si=GfmP7khSTs0bb8QM>



Step 1: Cool immediately (DO NOT WAIT)



- Move to shade
- Pour water on body
- Fan continuously
- Apply wet cloths

Step 3: Call for help (in parallel)

- Call 108/102
- Inform nearest UPHC



Step 2: Move quickly

- Use e-rickshaw/auto/ neighbour's vehicle
- Take patient towards the main road or nearest facility

**DO NOT WAIT
FOR AMBULANCE TO
START ACTION**

Demo: How to cool someone quickly



During heat stroke,
body temperatures rise dangerously fast.
Every minute without cooling increases the
risk of death. Cooling must start before
reaching the hospital.

Show how to use:



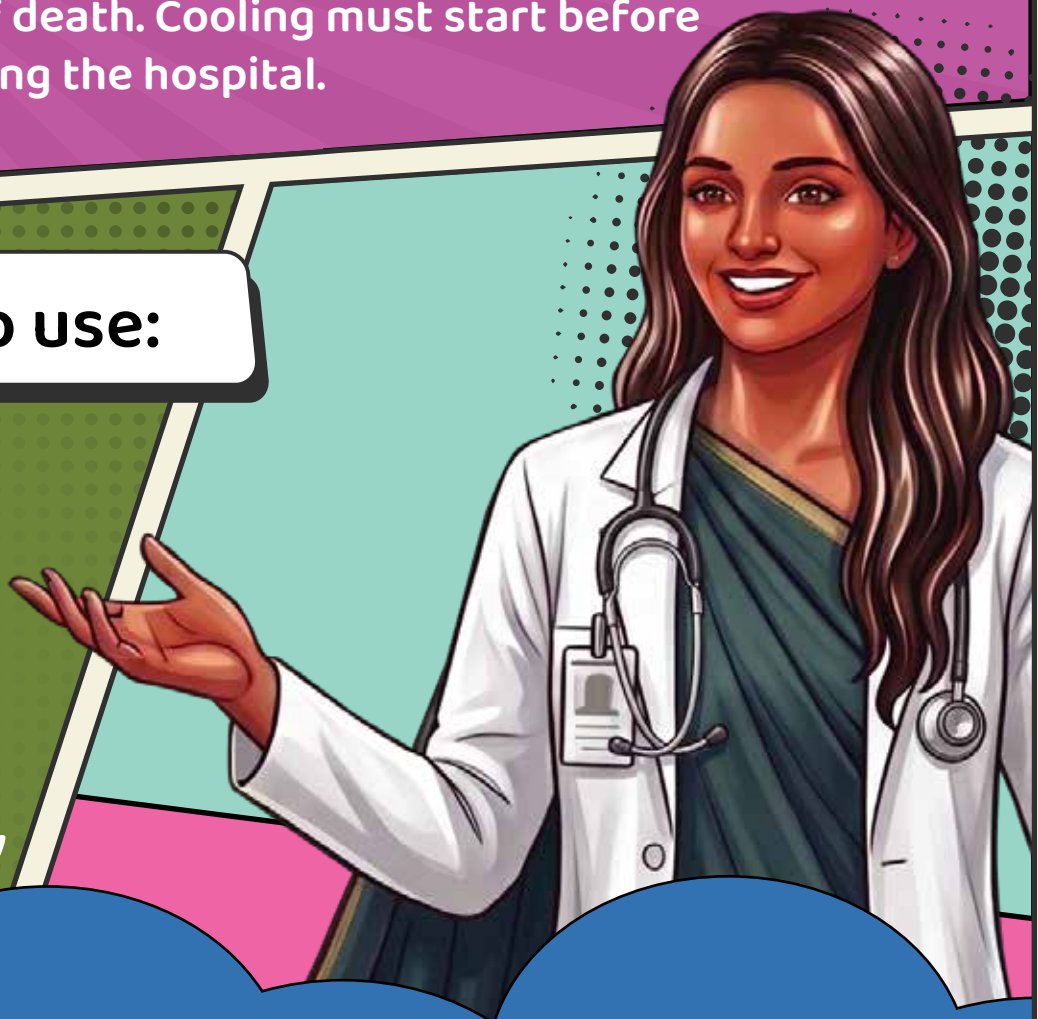
Wet cloth
on neck



Wet cloth
under arms



Fan
continuously



Demo video link

<https://youtube.com/shorts/GLO25WHJWpk?si=K4VaLd62FsBWR5wm>

Local Emergency Contacts



- **Ambulance/emergency services: 108/102**



- **Nearest UPHC/PHC/Dispensary:**

Delhi Government Dispensary, Dakshinpuri;
Maternity Child Welfare Centre, Madangir



- **Nearest government hospital:**

Ambedkar Nagar Hospital



- **Nearest private clinic/hospital:**

Batra Hospital and Medical Research Centre



- **Nearest veterinary/pet hospital:**

Samaria Dog and Cat Clinic



- **Local ANM/ ASHA**



- **Neighbourhood e-rickshaw/auto driver**



**Know where
to go before the
emergency
happens**

Who is most at risk?

Heat does not affect everyone equally

Some people are more at risk than others

The same heat can be safe for one person but dangerous for another

Why are some people at higher risk?

- Their bodies cannot cool down easily
- They lose water faster
- They may not feel or recognize warning signs
- Their living or working conditions increase exposure

Who are most at risk



Children under
5 years



Outdoor and
informal workers



People with
chronic
illnesses



Elderly
(65+ years)



Pregnant
women



People in poor
and informal
housing

What this means



- These groups can fall sick faster
- Heat illness can become severe very quickly
- They need extra care and attention





Who is a Cooling Champion?



A Cooling Champion is a trusted member of the community who helps protect others from the dangers of extreme heat.

What does this mean?



You are the first point of support in your neighbourhood



You help people stay safe before they fall sick



You act quickly when someone shows warning signs

You are the bridge



Between the community and health services



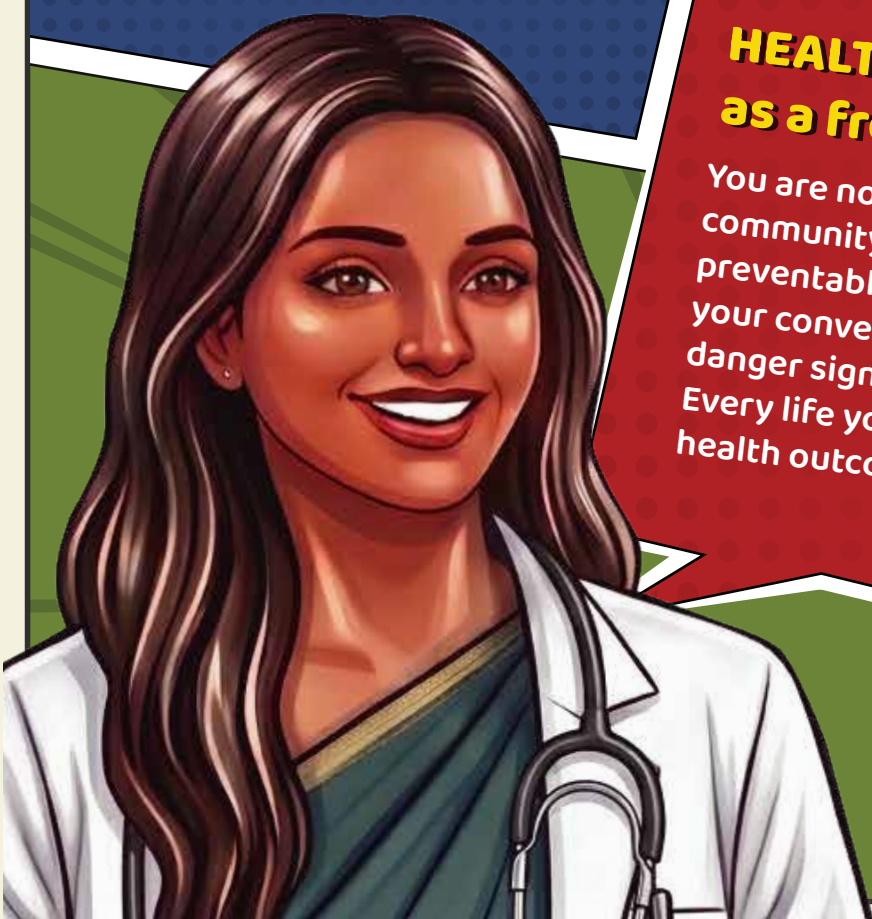
Between information and action



Between risk and protection

HEALTH PERSPECTIVE- Your role as a frontline health worker

You are not just a volunteer- you are a community health worker. Heat-related illness is preventable. Your community rounds, your conversations, and your ability to spot early danger signs are as important as any clinic. Every life you protect through early action is a health outcome that counts.



Who is a Cooling Champion?

Your 4 Core Duties

IDENTIFY 1



Find at-risk neighbours in your block: elderly people, pregnant women, infants, outdoor workers, and those with long-term illness.

INSPECT 2



Visit homes to find 'heat traps': rooms that are hotter than outside due to poor ventilation, tin roofs, or overcrowding.

INSTRUCT 3

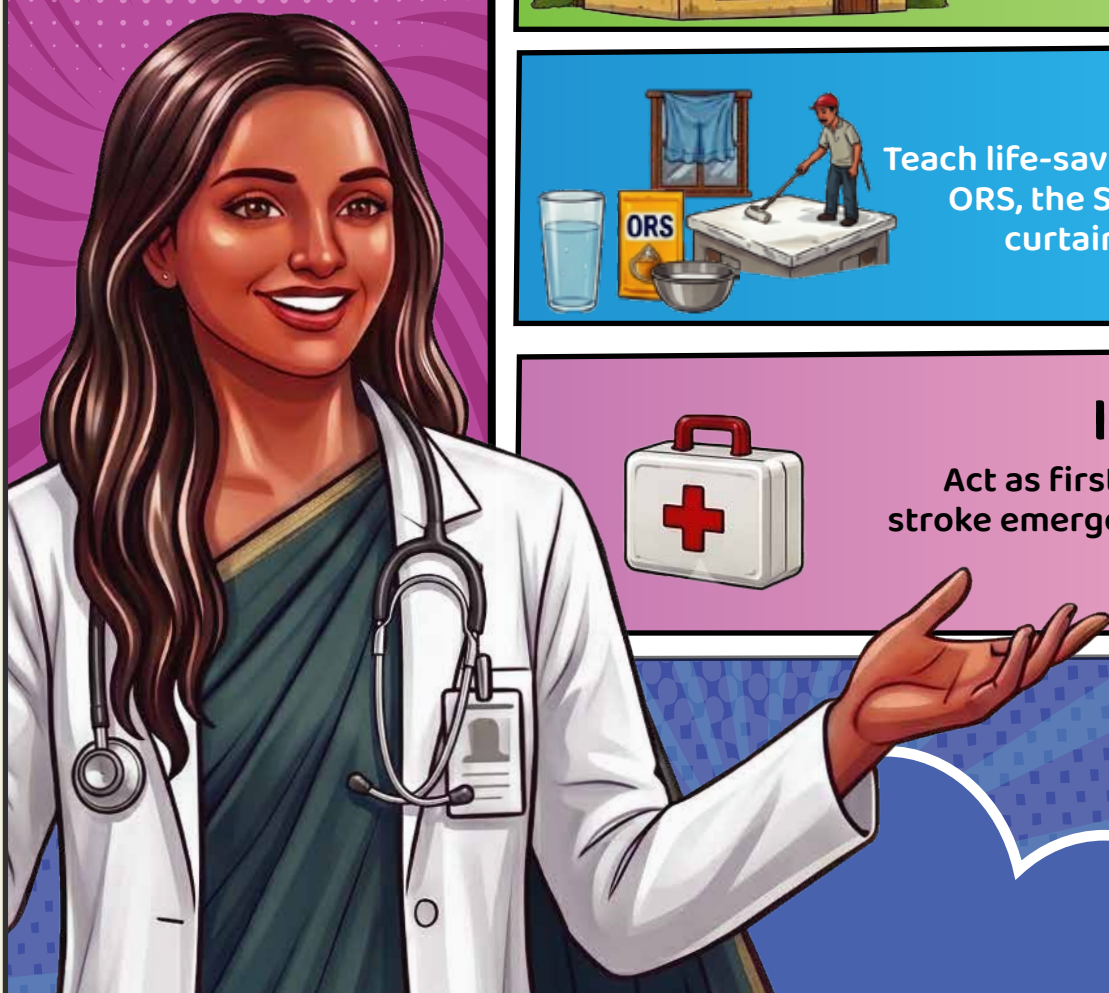


Teach life-saving habits: how to make ORS, the Sip-Every-Hour rule, wet curtains, and white roof paint.

INTERVENE 4



Act as first responder during heat stroke emergencies: act immediately, every minute counts.



Who is a Cooling Champion?

Your 4 'Hats' During Community Rounds



Hat	Your Role	What You Do
 Navigator	Map & Visit	Ensure no household is missed in your assigned block.
 Educator	Teach & Demonstrate	Explain humidity danger, ORS preparation, and cooling techniques.
 First Responder	Identify & Act	Spot early signs of medical emergencies and respond immediately.
 Reporter	Document & Report	Record findings so resources (cool-roof paint, ORS) reach those in need.



How to talk to your community about heat

Start with what they KNOW:

Ask if summers feel hotter, winters feel warmer.

Connect heat to daily life:

Talk about difficulty sleeping in tin-roofed homes, lower crop yields, and rising water costs.

Use the 'Silent Disaster' framing:

A heat wave doesn't look dangerous like a flood- but it quietly destroys the body from inside.

Empower, don't frighten:

Focus on practical actions the community can take together- water kiosks, cooling centers, buddy checks.



CHAMPION TIP

In a heat crisis, the community is the first line of defence.

A glass of ORS/Chhaas/Neembu Pani and a shaded rest spot can save a life.



Children under 5



CHAMPION ACTIONS



Ensure schools and playgrounds have water and shade.



Dress in clean, light cotton clothes- avoid synthetic fabrics.



Encourage breastfeeding frequently- breastmilk provides all the hydration babies under 6 months need.. NO plain water to babies < 6 months.



For babies over 4 months: extreme heat can make mothers less likely to breastfeed exclusively. As temperatures rise, mothers may offer plain water- this can be harmful. Help mothers find a cool, shaded place to breastfeed and stay hydrated themselves.



Keep the baby's room cool and well-ventilated. The baby's body temperature should stay between 36.5°C and 37.5°C (97.7°F–99.5°F).



Bathe the baby regularly in lukewarm water. Dress in light cotton layers — never wrap tightly.
Bathe the baby regularly in lukewarm



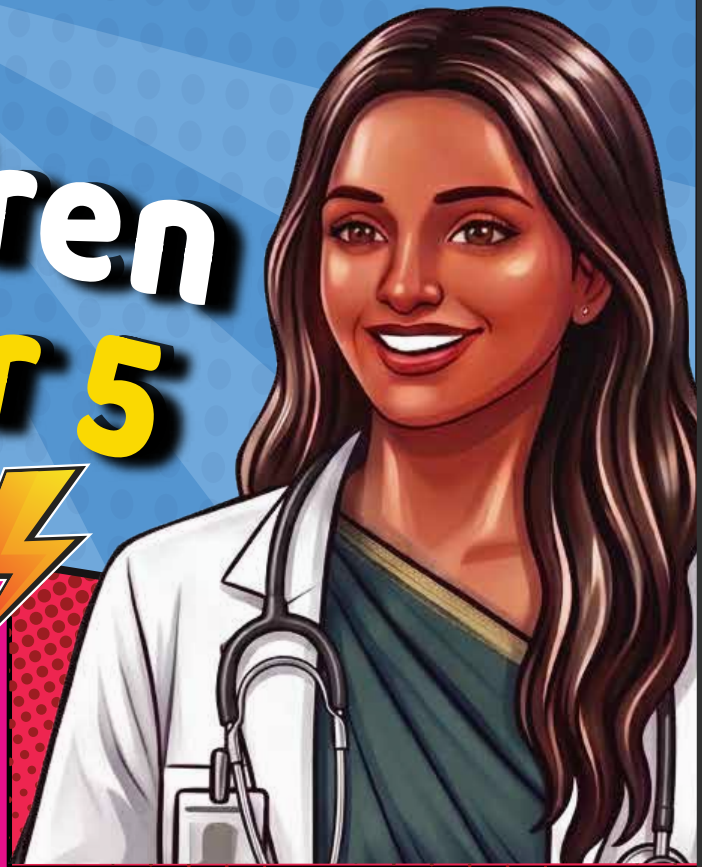
Never leave a baby in a closed vehicle or under direct sunlight.



Watch for warning signs: diarrhoea, vomiting, sudden fainting, excessive crying.

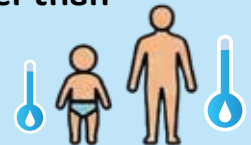


Remove plastic mattress covers; let skin breathe with 'airtime'.



WHY AT RISK

Lose water 3x faster than adults in hot, humid air.



Cannot always communicate that they are hot or thirsty.



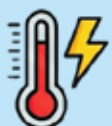
Humidity increases the risk of heat rash and fungal skin infections.



Plastic bedding and heavy diapers trap body heat.



High fever in children can escalate to seizures very quickly.



Elderly Individuals (65+)



WHY AT RISK

- Ageing reduces the ability to sweat and the sensation of thirst.
- Many elderly people stay indoors in poorly ventilated rooms — as dangerous as being outside.
- Blood pressure, heart, and psychiatric medicines impair sweating and accelerate dehydration.
- Often live alone — no one to notice early warning signs.

HEALTH PERSPECTIVE — Medications and heat — a hidden risk

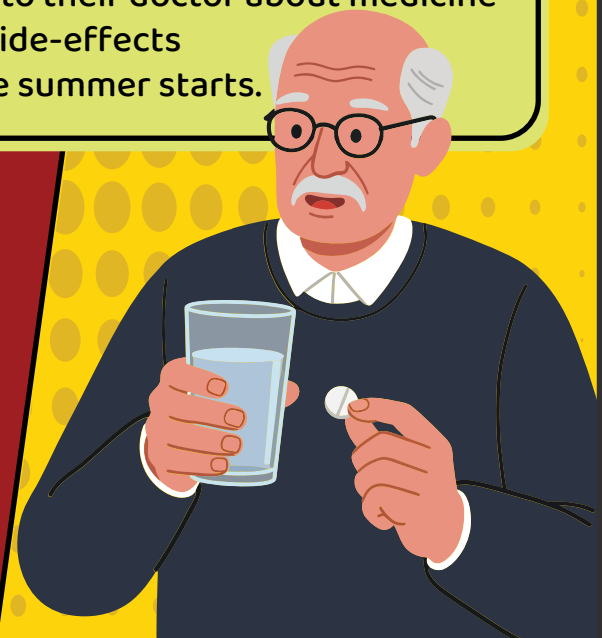
Many common medicines taken by elderly people affect the body's ability to cool itself. Diuretics (water pills) cause extra fluid loss.

Hypertension Medicine (Beta-blockers) reduce sweating. Antipsychotics impair the body's temperature sensing. This means an elderly person on medication may not sweat, may not feel thirsty, and may not realize they are in danger — all at the same time. Daily Champion visits during heat alerts can be life-saving for this group.



CHAMPION ACTIONS

- Visit them DAILY during a heat alert — check pulse and mental state.
- Enforce the 'Sip-Every-Hour' rule: one cup of water or buttermilk every hour.
- Apply wet towels to neck and wrists to cool the blood flow.
- Ensure cross-ventilation in their room; check that fans are working.
- Talk to their doctor about medicine heat side-effects before summer starts.





Outdoor and Informal Workers



HEALTH PERSPECTIVE — Heat and occupational health for construction workers

Construction workers are one of the highest-risk groups for heat-related illness in India. They face direct sun, heavy physical exertion, limited access to shade and clean water, and social pressure not to stop work. Key health facts:

- Working at $\geq 30^{\circ}\text{C}$ with $\geq 35\%$ humidity and moderate-to-intense physical activity triples the risk of health emergencies.
- Salt lost through sweat is not replaced by plain water — ORS or salty drinks are essential on heavy work days.
- New workers have not yet adjusted to the heat — they are at highest risk in the first week.
- Heat stroke can happen at $34\text{--}35^{\circ}\text{C}$ if humidity is high enough. Temperature alone is not the danger — heat plus humidity is the real threat.



WHY AT RISK

- They produce massive internal heat through heavy labour AND absorb external heat from the sun and hot bitumen.
- Many live in tin-sheet homes — no recovery or rest from heat, even at night.
- Economic pressure means they cannot stop working — even when their body is signalling danger.
- In humid weather, the body loses more salt than usual — plain water alone is not enough.

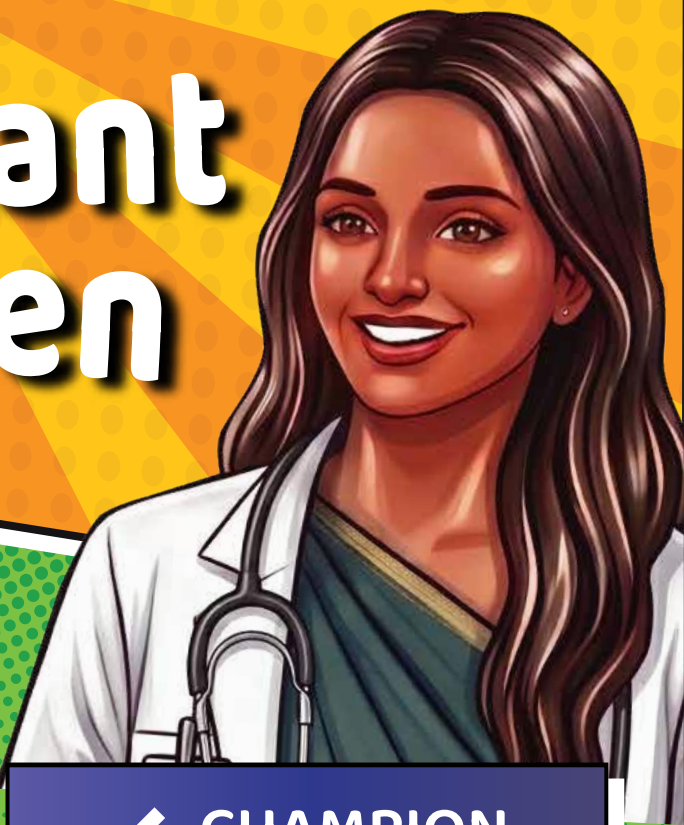


CHAMPION ACTIONS

- Schedule the hardest work before 11 AM or after 4 PM — avoid 12 PM to 3 PM peak heat.
- Mandatory 10-minute shade break after every 30 minutes of outdoor work.
- Carry ORS-fortified water — not just plain water — in humid conditions.
- Use the Buddy System: work in pairs to watch for each other's danger signs.
- Allow 5–7 days of gradual adjustment for new workers or those returning from leave.



Pregnant Women



WHY AT RISK

- Pregnancy raises internal heat and cardiovascular demands significantly- the heart works much harder.
- Extreme heat is linked to early births (preterm), miscarriages, stillbirths, and false labour (Braxton Hicks).
- High humidity makes it nearly impossible for pregnant women to cool down leading to rapid exhaustion and fainting.
- Cooking in a hot kitchen during peak hours is an acute danger.
- Heat in early pregnancy (first 20 weeks) raises the risk of high blood pressure disorders such as gestational hypertension, pre-eclampsia, and gestational diabetes.
- Hot weather can reduce a mother's ability to breastfeed exclusively after delivery- as temperatures rise, mothers often offer plain water to very young babies, which can be harmful. Keeping the mother cool and hydrated protects breastfeeding.
- More miscarriages are recorded during summer months. Antenatal care planning should take the season into account..



CHAMPION ACTIONS

- Avoid cooking between 12 PM and 4 PM.
- Stay in the coolest part of the house during peak sun hours.
- Soak feet in cool water to lower overall body temperature safely.
- Drink at least 1 extra litre of water every day during heat waves.
- Sleep on the left side to improve blood circulation to the baby.
- Monitor baby movements- fewer movements than usual means seek help immediately.
- Seek immediate help from ANM or UPHC if feeling unusual tiredness, dizziness, or no fetal movement.



People with Chronic Illnesses



HEALTH PERSPECTIVE — Common medicines that increase heat risk

Diuretics:

cause fluid and salt loss, increasing dehydration and fainting risk.

Beta-blockers (Atenolol, Metoprolol):

reduce sweating and lower blood pressure, increasing fainting risk.

Antipsychotics (Haloperidol, Olanzapine):

impair sweating and temperature sensing.

NSAIDs (Ibuprofen):

risk of kidney injury when combined with dehydration.

Antihistamines (Citrizine):

reduce sweating and impair temperature regulation.



WHY AT RISK

- Conditions like diabetes, heart disease, and kidney problems reduce the body's ability to cope with heat.
- Hypertension medicines (Diuretics, beta-blockers), and antidepressants impair sweating or speed up dehydration.
- They may not feel thirst even when dangerously dehydrated.
- Heat can destabilize blood sugar levels very rapidly in people with diabetes.



CHAMPION ACTIONS

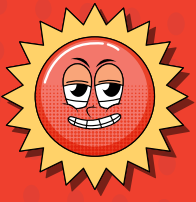
- Remind them to NEVER skip fluids, even if they don't feel thirsty.
- Check urine colour daily: light yellow = good; dark yellow = danger — rehydrate now.
- Stay in the coolest room with working ventilation and a fan.
- Drink chhaas or ORS — not just plain water — to replace lost salts.
- Discuss how medicines react to heat with their doctor before summer starts.



If a community member is on any of these medicines, they need extra daily monitoring during heat waves. Encourage them to discuss adjustments with their doctor before summer.



People in Poor and Informal Housing



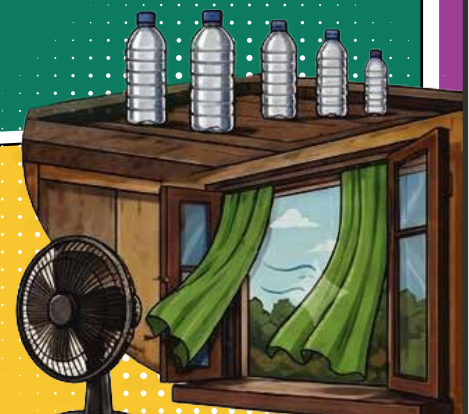
WHY AT RISK

- Tin, plastic, and asbestos-sheet roofs absorb solar radiation and release it as heat for hours after sunset.
- No insulation means indoor temperatures can be 5–8°C hotter than outside.
- No ventilation means humid, stagnant air — the worst conditions for the body.
- No backup cooling (no AC, no cooler, no fan during power cuts) — completely exposed.



CHAMPION ACTIONS

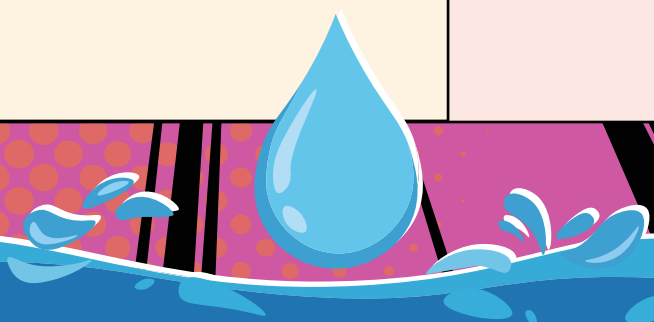
- Help families apply white paint or lime wash to roofs — reduces indoor temp by 2–5°C.
- Show how to hang wet curtains (chaddars) over windows during peak hours (12–4 PM).
- Teach cross-ventilation: open windows on opposite walls to create a 'wind tunnel'.
- Use racks of water-filled bottles on the roof as a low-cost heat barrier.
- Identify the coolest room in the house — often the lowest, most interior room.



Vulnerable Groups: Quick Reference



Group	Key Health Risk	Champion's Single Most Important Action
Children <5 	Dehydrate 3× faster; cannot communicate symptoms.	Ensure water and shade at school/play. Watch for vomiting and fainting.
Elderly 65+ 	Reduced sweating and thirst; medicines impair cooling.	Daily visits during heat alert. Enforce Sip-Every-Hour rule.
Outdoor & Informal Workers 	Double heat burden — heavy labour + direct sun.	Shade breaks every 30 min. ORS-Fortified water. Buddy System.
Pregnant Women 	Heart under extra strain; baby at risk of preterm/stillbirth.	No cooking at peak hours. Extra water. UPHC referral if dizzy.
Chronic Illness 	Organs already stressed; medicines impair cooling.	Never skip fluids. Check medicine heat effects. Dark urine = danger.
Poor Housing 	Tin homes trap heat with no night relief.	White paint on roof. Wet curtains. Cross-ventilation.



Spotting the signs: Mild to Life-Threatening



Why this is important

Heat illness does not happen suddenly. The body gives warning signs

As a Cooling Champion, your role is to:

- Notice early changes in the body
- Act before the condition becomes serious
- Decide when someone needs rest, and when they need urgent help



Heat illness can worsen quickly

- Mild symptoms can become dangerous within minutes
- Delay in action can lead to serious illness

Use the traffic light system

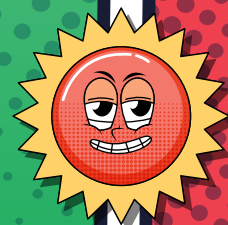
- Green: Mild (can manage at home)
- Yellow: Warning (needs attention)
- Red: Emergency (act immediately)

Note: We talk about the traffic light system in the next slides.



The Heat Traffic Light

GREEN ZONE — Mild (Manage at Home)

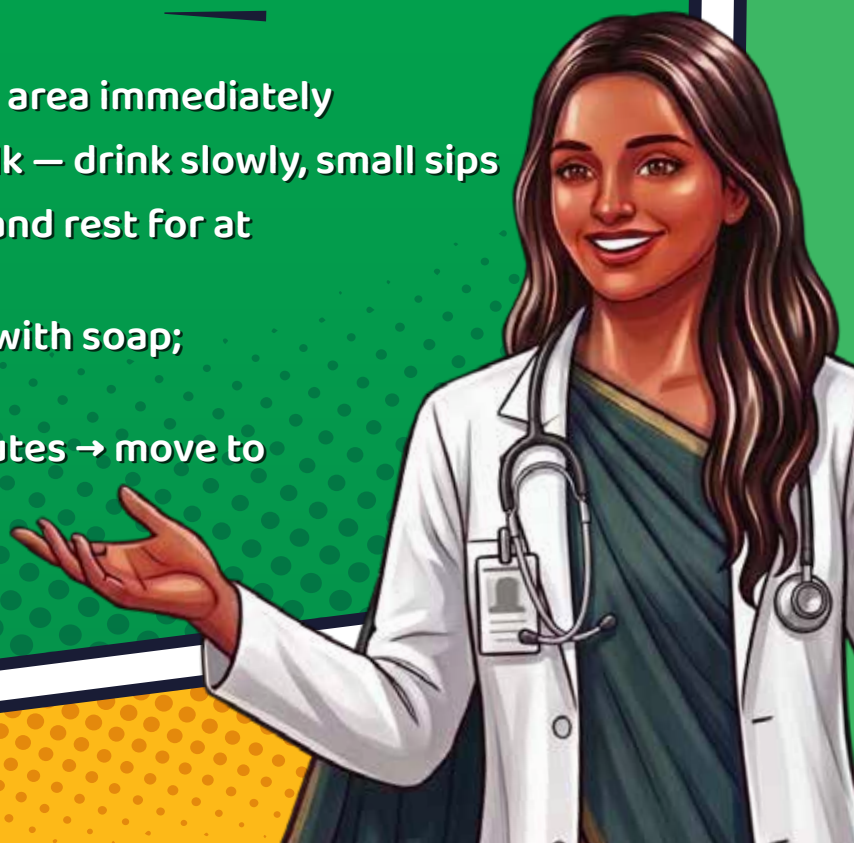


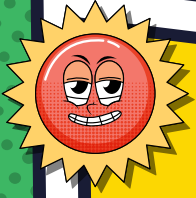
Signs to look for:

- Small red itchy bumps on neck, chest, or skin folds (Heat Rash)
- Dry mouth, slight thirst, or mild headache (Mild Dehydration)
- Muscle spasms or cramping in legs or stomach after physical work (Heat Cramps)

What to do:

- ✓ Move to a cool, shaded area immediately
- ✓ Offer ORS or buttermilk — drink slowly, small sips
- ✓ Loosen tight clothing and rest for at least 30 minutes
- ✓ For heat rash: shower with soap; keep rash area dry
- ✓ If not better in 30 minutes → move to Yellow Zone actions





The Heat Traffic Light

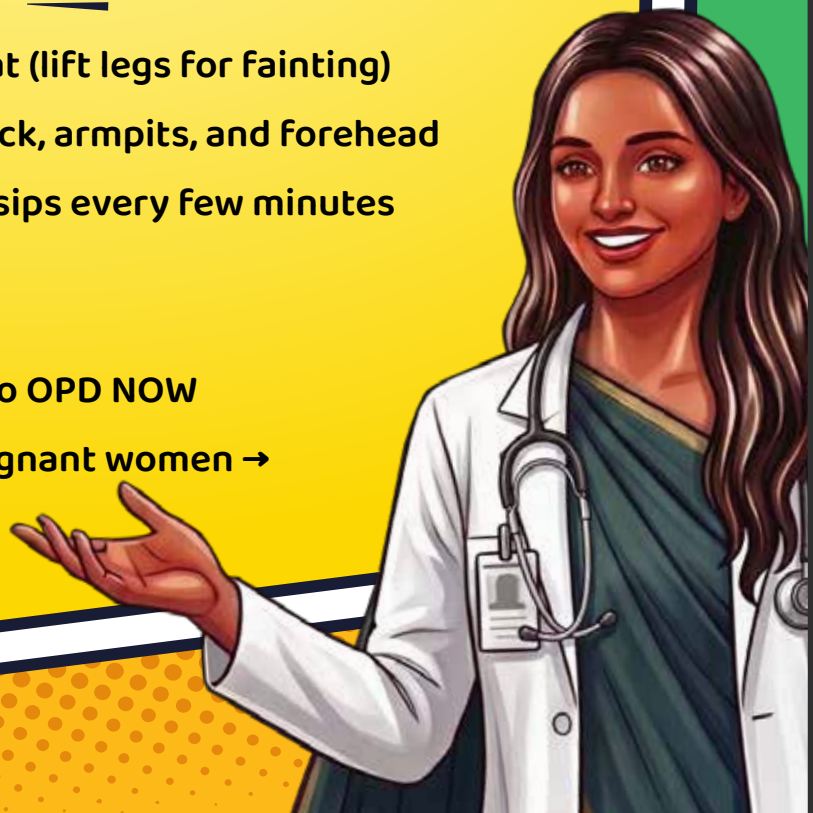
YELLOW ZONE — Moderate
(Monitor / OPD if No Improvement)

Signs to look for:

- Heavy sweating but skin is **COLD** and **CLAMMY** (Heat Exhaustion)
- Dizziness, nausea, headache, feeling of weakness
- Fast but **WEAK** pulse
- Sudden fainting when standing up (Heat Syncope)
- Not improving after 30 minutes of rest and hydration

What to do:

- ✓ Move to shade; lay them flat (lift legs for fainting)
- ✓ Apply cool wet cloths to neck, armpits, and forehead
- ✓ Give ORS or water in small sips every few minutes
- ✓ Loosen all tight clothing
- ✓ 30-minute rule:
if no improvement → take to OPD NOW
- ✓ For elderly, children, or pregnant women →
take to OPD IMMEDIATELY





The Heat Traffic Light

RED ZONE — Heat Stroke (LIFE-THREATENING EMERGENCY)

Signs to look for:

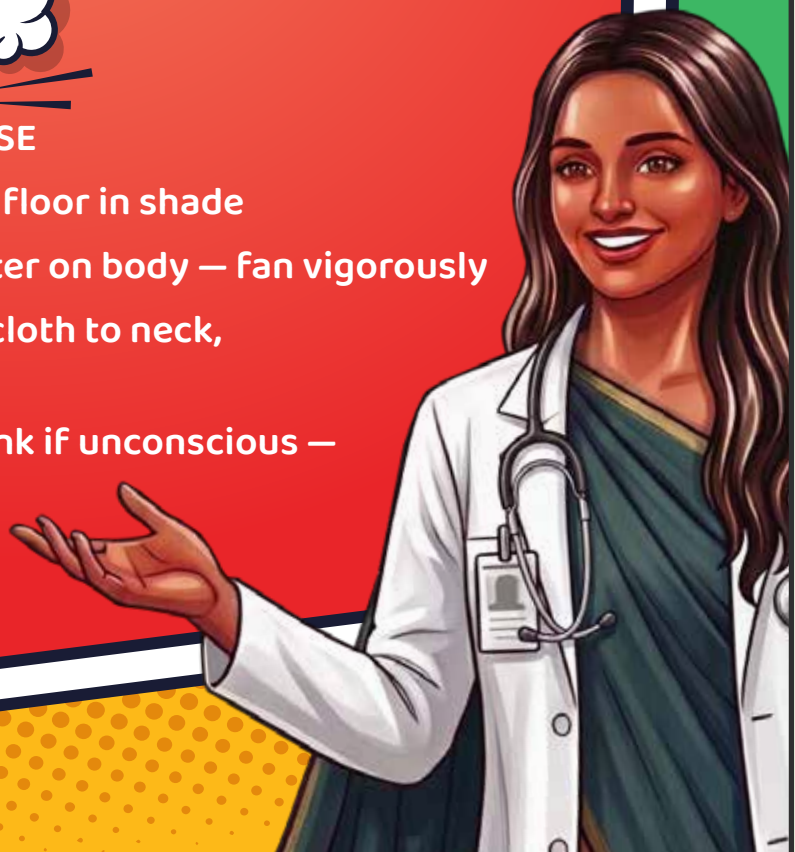


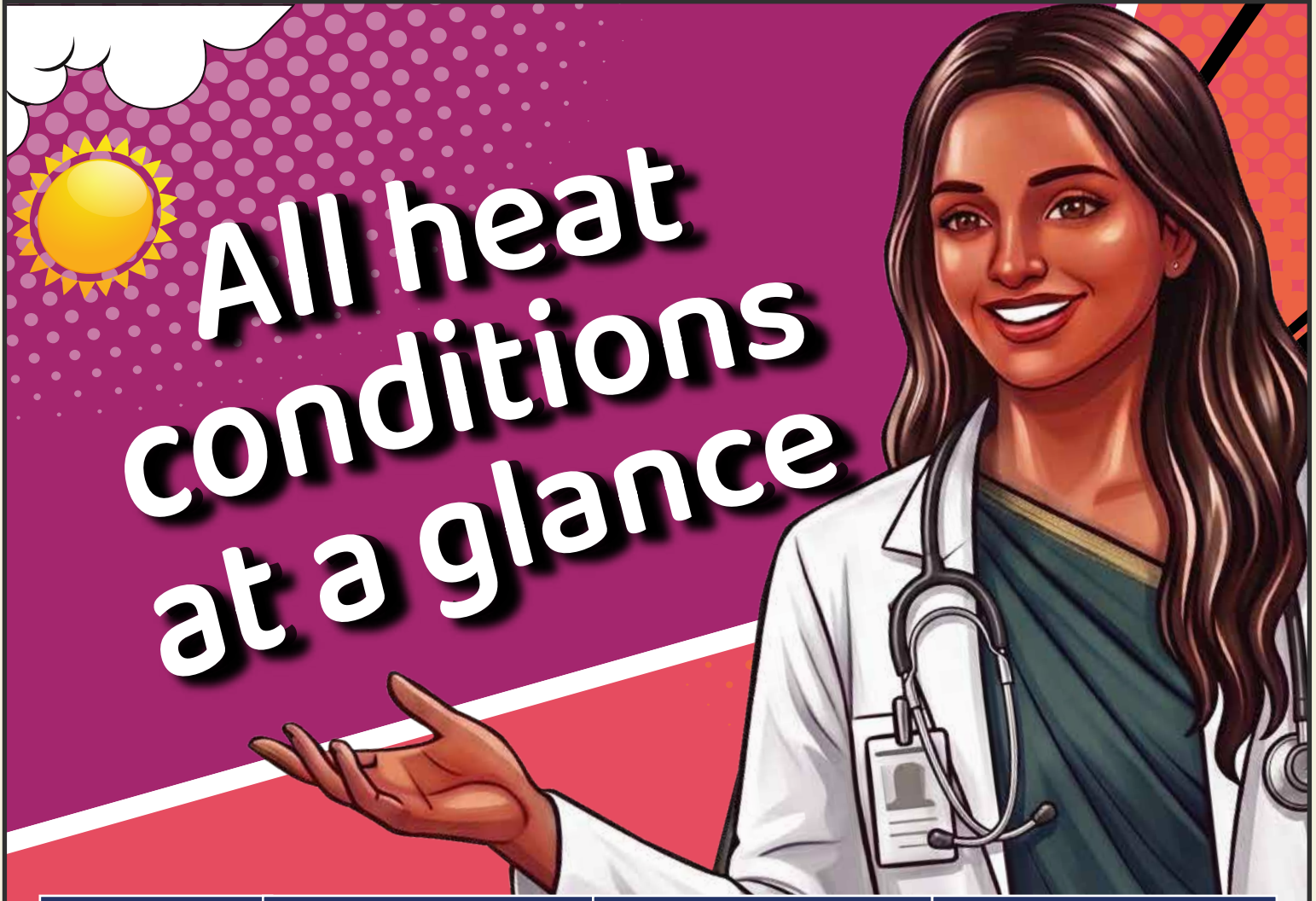
- HOT, RED, DRY skin — sweating has STOPPED (critical danger sign)
- Person is confused, aggressive, or speaking strangely
- Seizures or loss of consciousness
- Fast and STRONG pulse
- Body temperature above 40°C (104°F)
- CAN HAPPEN even at 34–35°C if humidity is very high

What to do:



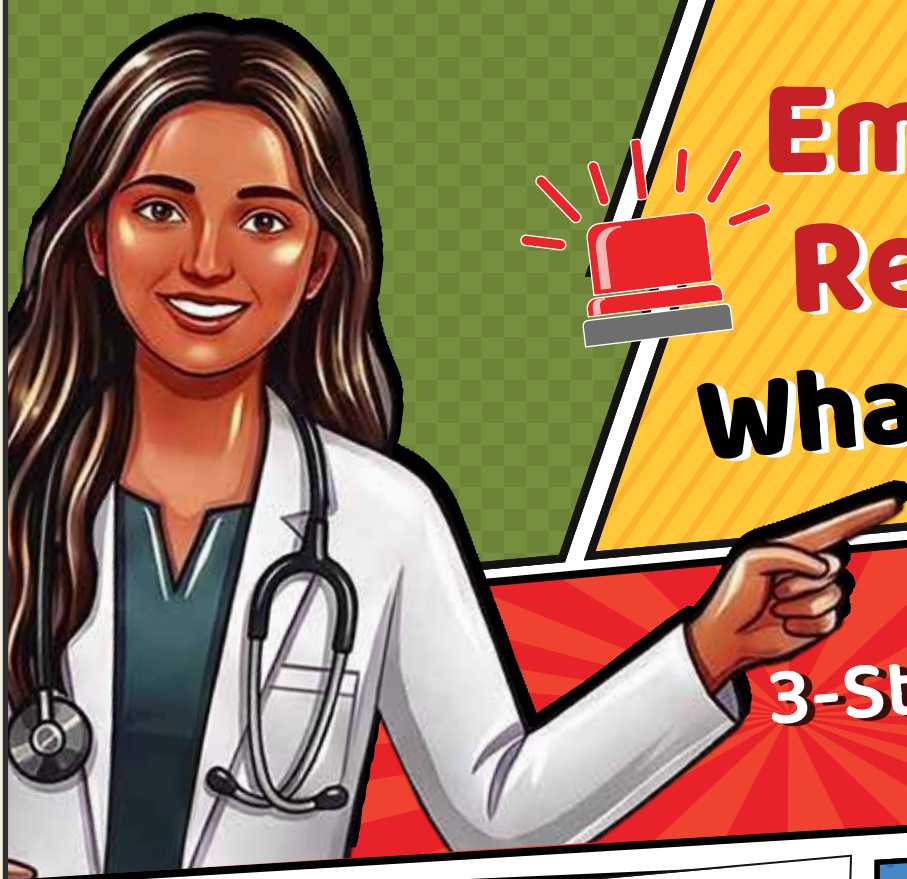
- ✓ START EMERGENCY RESPONSE
- ✓ Move to coolest spot; lay on floor in shade
- ✓ Pour room-temperature water on body — fan vigorously
- ✓ Apply ice packs or cold wet cloth to neck, armpits, and groin
- ✓ DO NOT give anything to drink if unconscious — risk of choking
- ✓ STAY with them and keep cooling until transport/ ambulance arrives





All heat conditions at a glance

Feature	Heat Rash / Cramps	Heat Exhaustion	Heat Stroke
Skin	Red bumps; prickly	Cold, pale, clammy, heavy sweating	HOT, RED, DRY — s weating stops
Pulse	Normal	Fast and WEAK	Fast and STRONG
Mental State	Alert and normal	Dizzy, headache, nausea	CONFUSED / SEIZURE / UNCONSCIOUS
Body Temp	Below 38°C	Below 40°C (104°F)	ABOVE 40°C (104°F)
Sweating	Normal or light	Heavy sweating	SWEATING STOPS — critical sign
Vomiting	None	Possible	Common



Emergency Response: What to do first

3-Step Survival Chain



Step 1: Cool immediately (DO NOT WAIT)



- Move to shade
- Pour water on body
- Fan continuously
- Apply wet cloths

Step 3: Call for help (in parallel)

- Call 108/102
- Inform nearest UPHC



Step 2: Move quickly

- Use e-rickshaw/auto/ neighbour's vehicle
- Take patient towards the main road or nearest facility

**DO NOT WAIT
FOR AMBULANCE
TO START
ACTION**

Low-Cost Home Cooling: What Works



Solution	How It Works	Temperature Reduction	Cost
Reflective multi-layer sheet on roof	Reflects sunlight like a mirror — keeps roof and home cooler.	2–5°C cooler indoors	Very Low
Wet Gunny Bags / Lime Wash	Covers tin roof — absorbs and evaporates water, cooling the surface.	2–4°C cooler	Very Low
Wet Curtains (Chaddars)	Hang wet cloth over windows during 12–4 PM. Blocks heat, keeps air moist.	1–3°C cooler indoors	Zero cost
Earthen / Clay Pots	Tiny pores allow water to evaporate naturally — keeps water cool without electricity.	Water 10–15°C cooler	Very Low
Cross Ventilation	Open windows on opposite walls to create a 'wind tunnel'. Use two fans in humid weather.	3–5°C feels cooler	Zero cost
Tree Shade (Neem, Banyan)	Trees release moisture and block sun, lowering temperature naturally.	Up to 5°C cooler	Zero cost

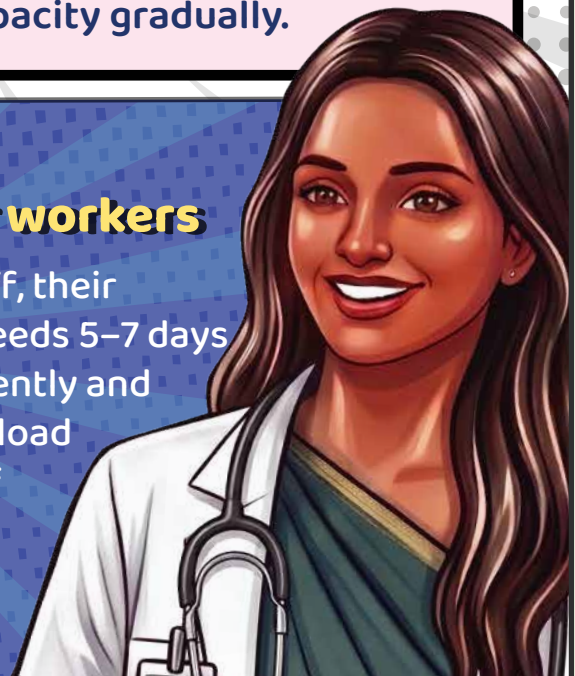
Safe Work Practices for Outdoor Workers

Practice	What to Do	Why It Helps
Reschedule Work 	Do heavy physical tasks before 11 AM or after 4 PM only.	Avoids peak solar radiation (12–3 PM) when heat accumulation is highest.
30-Minute Break Rule 	Mandatory 10-minute shade break after every 30 minutes of outdoor work.	Allows body core temperature to drop before it reaches the danger zone.
Drink Before Thirst 	Half to one cup of ORS or water every 15–20 minutes during work.	Thirst is already a sign of dehydration — by then you have already lost too much fluid.
Dress Right 	Light-coloured, loose, cotton clothes. Wide-brimmed hat or damp cloth on head.	Cotton absorbs sweat and aids evaporation. Light colours reflect sunlight.
Adjust Slowly 	If new to the job or returning after a break, ease in over 5–7 days.	Body needs time to adjust to heat by increasing sweat capacity gradually.

HEALTH PERSPECTIVE —

The science of heat acclimatisation for workers

When workers start a new job or return after time off, their body's heat response is not yet adapted. The body needs 5–7 days to gradually build up the ability to sweat more efficiently and maintain a safer core temperature. Forcing full workload from Day 1 in summer is one of the leading causes of heat emergencies on construction sites. Champions can advocate with site supervisors for gradual ramp-up schedules.



The Buddy System: **Nobody Faces** Heat Alone

Heat can make a person confused before they realize they are in danger. The Buddy System ensures someone is always watching.



How the Buddy System Works

Pair up with a co-worker or neighbour.
Check on each other every 30 minutes.

Ask your buddy:



Are you acting confused or more irritable than usual?



Has your skin become hot, red, or dry?



Have you stopped sweating even though it is very hot?



Are you stumbling or complaining of a headache?



**IF YES
TO ANY QUESTION →** Stop work immediately. Move to shade. Begin cooling. Start emergency response immediately if skin is dry and they are confused.

The Power of Nutrition and Hydration



Staying cool is not just about shade

Your body cools itself by sweating. But sweating causes loss of:

- Water
- Essential salts (electrolytes)

What does the body need?



Why this matters:

- Loss of fluids leads to dehydration
- Loss of salts affects how the body functions
- This can quickly lead to weakness, dizziness and illness

Both water AND salts must be replaced



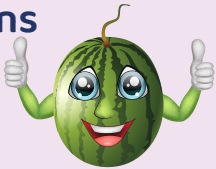
Best Drinks during a Heat Wave



Drink	Why It Works	Best Used When
ORS (Oral Rehydration Solution) 	Scientifically designed to replace both fluids AND salts lost through sweating. The gold standard for dehydration.	Anyone showing Yellow Zone signs, vomiting, or heavy sweating.
Chhaas 	Excellent at replacing electrolytes. Naturally cooling. Low cost, culturally accepted, widely available.	All groups — daily use during heat wave. Especially elderly and workers.
Lemon Salt Water (Shikanji/ Neembu Paani) 	Restores energy and salt. Easy to make at home. Helps after vomiting or nausea.	Workers, children, anyone feeling nauseous or weak.
Torani (Fermented Rice Water) 	Rich in B-complex vitamins that help the body manage energy under heat stress. Traditional in Odisha, Rajasthan.	Outdoor workers, farming communities, anyone in humid regions.
Aam Panna (Raw Mango Drink) 	Believed to reduce heat stroke risk. Provides relief after being outdoors in the sun.	General use during hot afternoons.
Plain Water 	Essential baseline. Drink frequently, even without thirst. Not enough alone during heavy sweating.	Everyone, every day — never skip it.

Cooling Foods: Eat Your Way to Staying Cool



Food	Cooling Benefit	Easy to Find?
Cucumber 	85%+ water content — high hydration through food. Cooling for digestion.	Yes — seasonal
Watermelon/ Melons 	90%+ water content. Natural sugars restore energy. Provides salts.	Yes — seasonal
Raw Onion 	Traditional use in Rajasthan. Mashed and applied to head or feet for cooling effect.	Yes — always available
Dahi/ Curd 	Cooling for the gut. Replenishes good bacteria. Light and easy to digest.	Yes — affordable
Dal and Rice (simple) 	Light, easy to digest. Does not raise body heat like red meat or spicy curries.	Yes — everyday



Hydration Habits that Save Lives



Drink Before You Are Thirsty:

Thirst is already a sign of dehydration — by the time you feel thirsty, you have already lost significant fluids.



The Sip-Every-Hour Rule:

Half to one cup of water or buttermilk every 15–20 minutes while working or active outdoors.



Carry Your Lifeline:

Always carry a water bottle when working or travelling. Wrap it in a wet cloth to keep it cool.

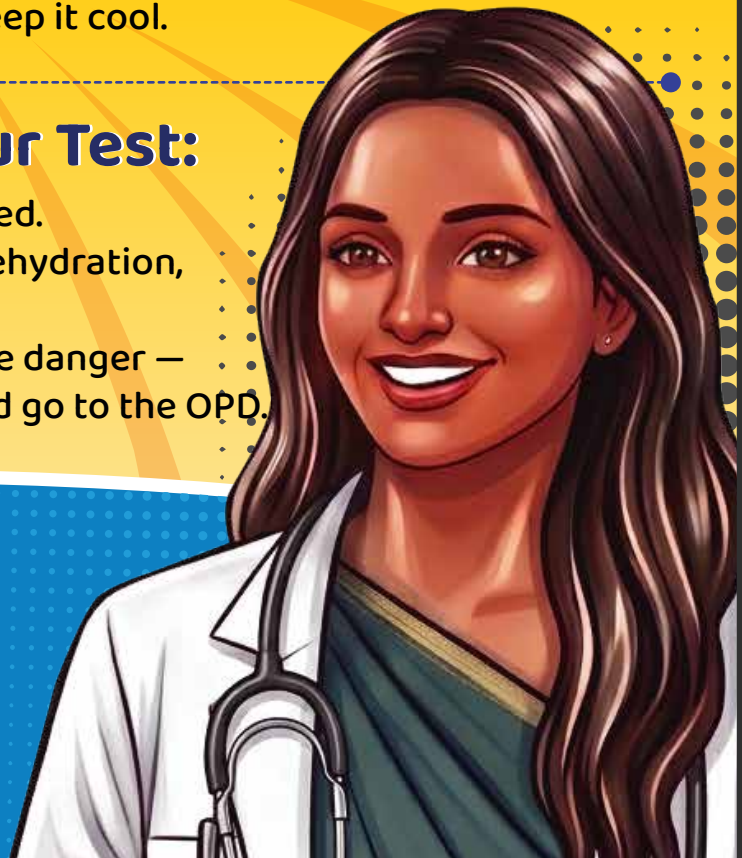


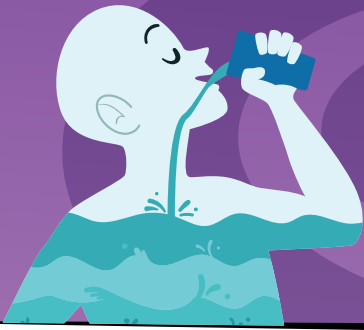
The Urine Colour Test:

Light yellow = well-hydrated.

Dark yellow = moderate dehydration, drink ORS now.

Apple-juice colour = severe danger — rehydrate immediately and go to the OPD.





Hydration Habits that Save Lives

Trainer tip (demo):

Show 2 bottles- clear water (safe) and yellow-coloured water (dehydration). Ask participants to identify the “danger” colour.



HEALTH PERSPECTIVE — Hydration and health — why electrolytes matter



Plain water does not replace the sodium, potassium, and glucose lost through sweat.



Workers who drink only water during heavy labour in hot weather can develop low sodium hyponatremia



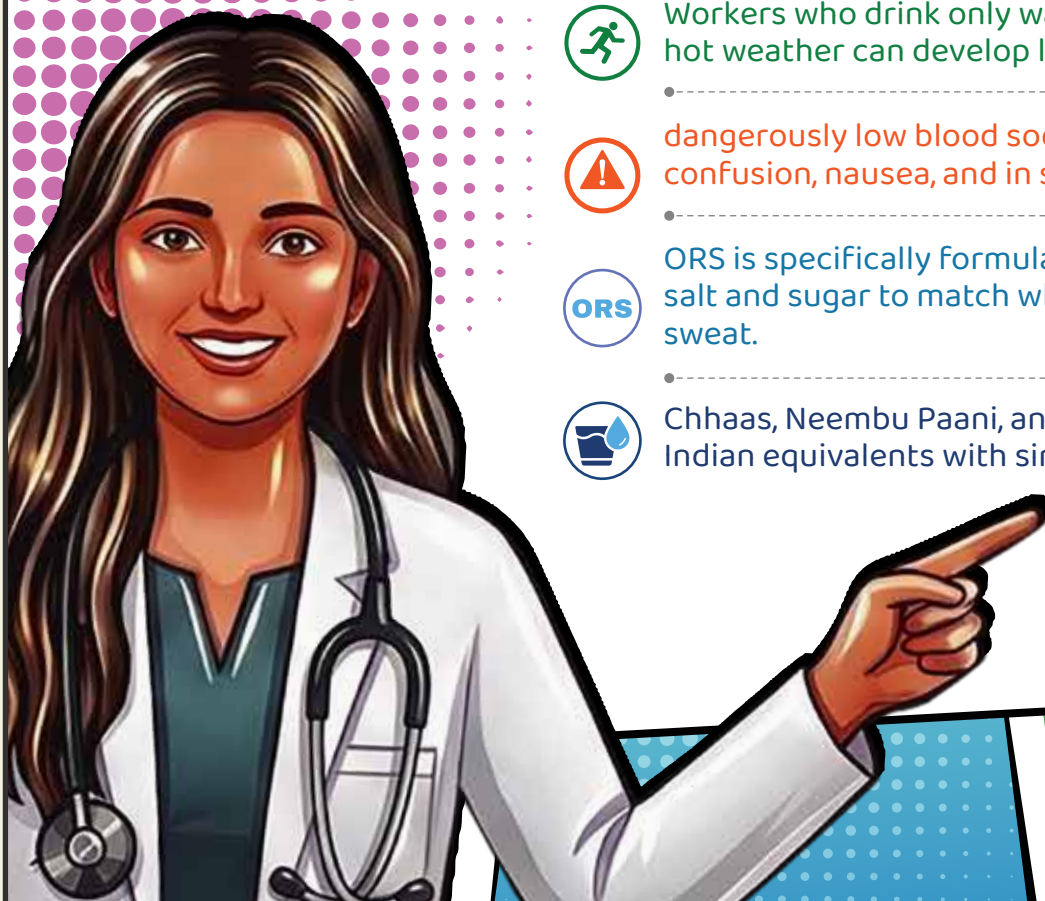
dangerously low blood sodium- which causes headache, confusion, nausea, and in severe cases, seizures.

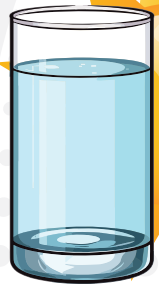


ORS is specifically formulated with the right balance of salt and sugar to match what the body loses through sweat.



Chhaas, Neembu Paani, and Aam Panna are traditional Indian equivalents with similar electrolyte benefits.





Do's and Don'ts for Food and Drink in Summer



DO'S



Drink ORS, Shikanji, chhaas, or water frequently — even without thirst.



Eat light meals: curd, dal-rice, cucumber, watermelon.



Store water in earthen / clay pots to keep it naturally cool.



Eat raw onions with meals as a traditional cooling practice.



Start the day with a large glass of water — before any other activity.



Drink tea, coffee, or alcohol — they dehydrate the body.



Eat heavy, spicy, stale, or high-protein meals during peak heat.



Drink very icy cold beverages — can cause stomach cramps.



Drink sugary carbonated sodas — they worsen fluid loss.



Skip meals entirely — low blood sugar worsens heat stress.

Neighbourhood Heat Map



Make a map of your locality. Mark on the map:



Cooler/shaded areas



Drinking water point



PHC/UPHC



Hospital



Auto/e-rickshaw stand



Place to get ice

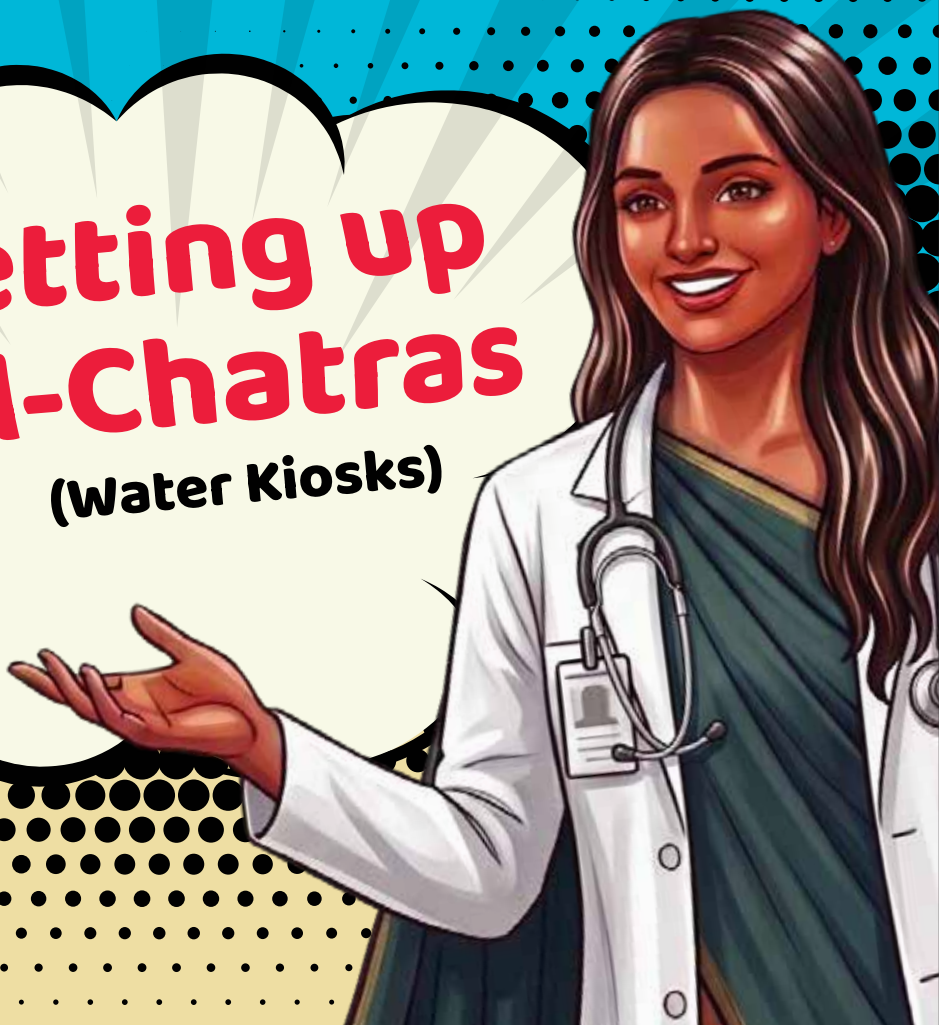


Place with AC/fan/cooling space



Homes with vulnerable people

Setting up Jal-Chatras (Water Kiosks)



What	Where	Who Manages	How Often Refilled
Large earthen pot filled with cool water 	Weekly markets (haats), bus stops, road crossings	Volunteer neighbours take turns	Clean and refill regularly with fresh water
Small water container for birds and animals 	Near trees, open spaces	Any neighbourhood volunteer	Daily
ORS distribution point 	Near the Jal-Chatra or at the local temple / mosque	Cooling Champion	Check stock weekly – replenish before heat wave alerts

Creating Community Cooling Hubs



Type of Space	Where to Find It	What Makes It a Cooling Hub
 Religious building (temple, mosque, church)	Every neighbourhood has one.	Open during peak hours (12–4 PM). Fans or cross-ventilation. Cool drinking water available.
 Library or community hall	Government-provided in most areas.	Shaded. Often has electricity. Can accommodate multiple families.
 Large shade tree (Neem, Banyan)	Designated in public areas.	Can be 5°C cooler than open ground. Chabutra (sitting platform) under tree for resting.
 Temporary shelter (tarp, bamboo, shade net)	Set up by Champions at labour sites.	For outdoor workers: shaded rest area with ORS water and a fan.



When to visit the OPD **VS** When to Call 108



Condition / Signs	Severity	Champion Action	Go To
Heat rash, mild thirst, light headache 	Mild 	Rest + shade + ORS. Monitor.	Home — manage here
Heat cramps, dizziness, cold clammy skin 	Moderate 	Shade + cool cloths + ORS. Apply 30-min rule.	OPD if no improvement in 30 min
Persistent exhaustion, weak pulse, not improving 	Moderate- Serious 	Refer immediately — do not wait.	CHC / PHC OPD — now
Confusion, hot dry skin, seizures, unconscious 	EMERGENCY 	Call 108/102 + Notify UPHC. Start cooling and transport immediately- Do not wait.	Hospital Emergency + Notify UPHC
Pregnant woman: dizziness, false labour, no fetal movement 	EMERGENCY 	Call ANM + 102 + UPHC. Start cooling, calm her and transport immediately- Do not wait.	MCH / Hospital 102 + Notify UPHC
Infant: unresponsive, not feeding, very limp 	EMERGENCY 	Call 108 immediately + Notify UPHC. Start cooling and transport immediately- Do not wait.	Paediatric Emergency + Notify UPHC



Becoming Cooling Champions



You have learned:



Who is at risk



How to spot
danger signs



How to cool
and hydrate



How to act in
an emergency



e.g. 102/108



How
to prepare your
neighbourhood





Who is a Cooling Champion?



A Cooling Champion is a trusted member of the community who helps protect others from the dangers of extreme heat.

What does this mean?



You are the first point of support in your neighbourhood



You help people stay safe before they fall sick



You act quickly when someone shows warning signs

You are the bridge



Between the community and health services



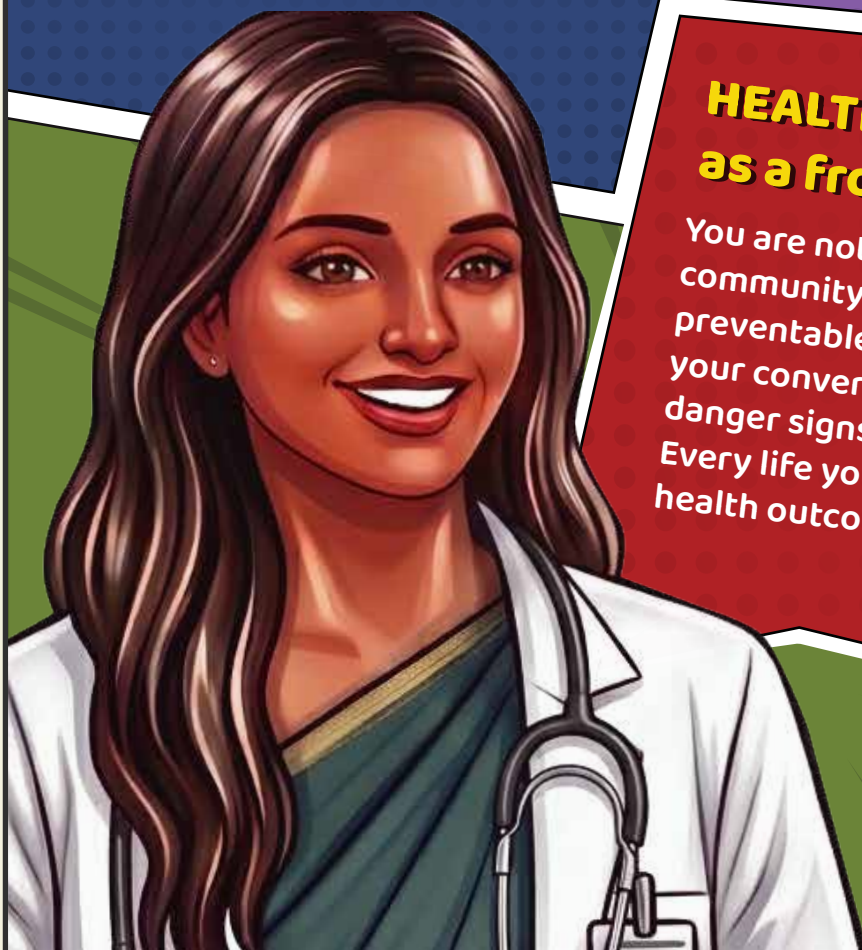
Between information and action



Between risk and protection

HEALTH PERSPECTIVE- Your role as a frontline health worker

You are not just a volunteer- you are a community health worker. Heat-related illness is preventable. Your community rounds, your conversations, and your ability to spot early danger signs are as important as any clinic. Every life you protect through early action is a health outcome that counts.





Do's and Don'ts: Master List



DO'S



DON'TS



Drink ORS or buttermilk — even when not thirsty.



Wait until you feel thirsty to drink water.



Wear loose, light-coloured cotton clothes outdoors.



Wear dark, tight, or synthetic clothes outdoors.



Rest in shade between 12 PM and 4 PM.



Drink tea, coffee, or alcohol to 'cool down'.



Cover your head with a hat, umbrella, or damp cloth.



Go outdoors bareheaded i summer peak hours.



Apply white paint to roof and use wet curtains.



Eat heavy, spicy, stale food during a heat wave.



Use the Buddy System — never face heat alone.



Work alone outdoors without a buddy watching.



Start cooling + transport + call for help immediately if you see confusion + dry hot skin.



Give anything to eat or drink to an unconscious person.



Display emergency numbers in a visible place.



Leave children or pets inside a parked vehicle.



Check on elderly and children every afternoon in a heat wave.



Ignore dark urine — it is a dehydration emergency signal.

Who is a Cooling Champion?

Your 4 Core Duties

IDENTIFY 1



Find at-risk neighbours in your block: elderly people, pregnant women, infants, outdoor workers, and those with long-term illness.

INSPECT 2



Visit homes to find 'heat traps': rooms that are hotter than outside due to poor ventilation, tin roofs, or overcrowding.

INSTRUCT 3



Teach life-saving habits: how to make ORS, the Sip-Every-Hour rule, wet curtains, and white roof paint.

INTERVENE 4



Act as first responder during heat stroke emergencies: act immediately, every minute counts.



Who is a Cooling Champion?

Your 4 'Hats' During Community Rounds



Hat	Your Role	What You Do
 Navigator	Map & Visit	Ensure no household is missed in your assigned block.
 Educator	Teach & Demonstrate	Explain humidity danger, ORS preparation, and cooling techniques.
 First Responder	Identify & Act	Spot early signs of medical emergencies and respond immediately.
 Reporter	Document & Report	Record findings so resources (cool-roof paint, ORS) reach those in need.



How to talk to your community about heat

Start with what they KNOW:

Ask if summers feel hotter, winters feel warmer.

Connect heat to daily life:

Talk about difficulty sleeping in tin-roofed homes, lower crop yields, and rising water costs.

Use the 'Silent Disaster' framing:

A heat wave doesn't look dangerous like a flood- but it quietly destroys the body from inside.

Empower, don't frighten:

Focus on practical actions the community can take together- water kiosks, cooling centers, buddy checks.



CHAMPION TIP

In a heat crisis, the community is the first line of defence.

A glass of ORS/Chhaas/Neembu Pani and a shaded rest spot can save a life.



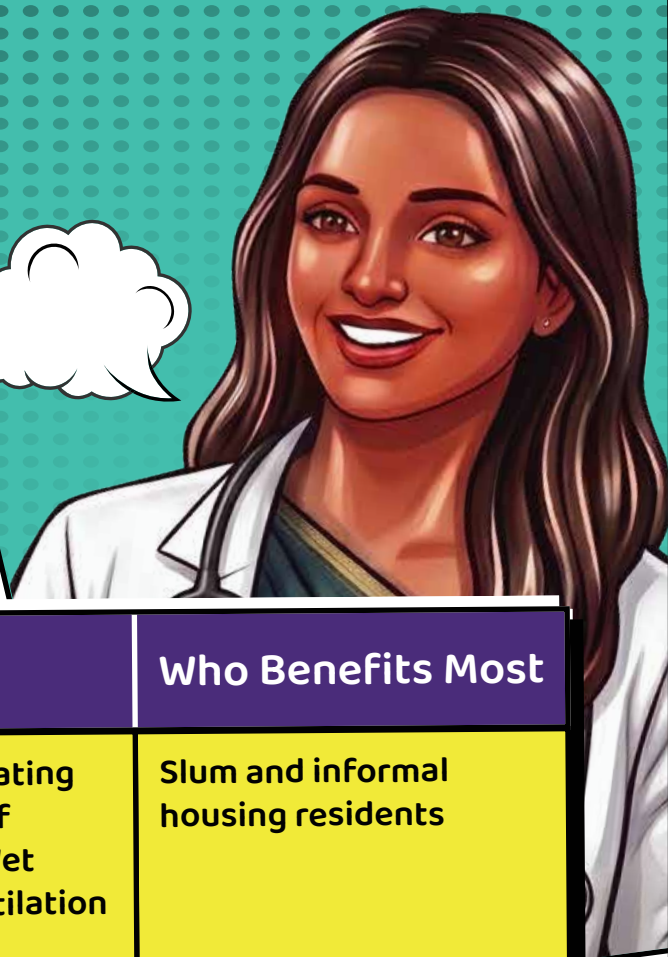
The 9 Key Messages Every Community Member Must Know



	Key Message	For Whom
1	DRINK BEFORE YOU ARE THIRSTY. Sip ORS, buttermilk, or water every 15–20 minutes.	Everyone
2	AVOID THE PEAK SUN. Stay indoors or in shade between 12 PM and 4 PM.	Workers, children, elderly, pregnant women
3	DRESS RIGHT. Wear loose, light-coloured cotton clothes. Cover your head.	Outdoor workers, children, all groups
4	WATCH YOUR NEIGHBOUR. Use the Buddy System. Check on elders and children daily.	All community members
5	HEAT STROKE IS AN EMERGENCY. Confusion + dry hot skin = START COOLING+ TRANSPORT+ CALL FOR HELP. Do not wait.	All community members and Champions
6	COOL YOUR ROOF. White paint reduces indoor temperature by 2–5°C.	Residents of tin-roofed and informal homes
7	YOUR URINE TELLS THE TRUTH. Dark yellow = dehydration danger — drink ORS immediately.	Workers, elderly, pregnant women
8	BABIES NEED MORE FEEDING AND COOLING. Breastfeed more often — breastmilk is the safest hydration for babies under 6 months, even in extreme heat. Keep their room at 36.5°C–37.5°C. Never leave them in a closed vehicle.	Mothers and caregivers of young children
9	HEAT IS GETTING WORSE EVERY YEAR. Climate change means more frequent and deadly heat waves. Act early, protect your vulnerable neighbours, and help your community prepare before April.	All community members and Champions



Adaptation Strategies



Area	Strategy	Who Benefits Most
 Housing	Reflective sheet/coating or lime wash on roof (2–5°C reduction). Wet curtains. Cross-ventilation 'wind tunnel'.	Slum and informal housing residents
 Hydration	Store water in clay pots. Drink ORS, buttermilk, lemon water. The Sip-Every-Hour rule.	Everyone — especially outdoor workers
 Work Schedule	Heavy work only before 11 AM and after 4 PM. 10-min shade break every 30 minutes.	Outdoor and informal workers
 Nutrition	Light meals: curd, dal-rice, cucumber, watermelon, onion. Avoid spicy and stale food.	Everyone
 Cooling Practices	Soak feet in cool water. Wet cloth on neck and wrists. Clay pot drinking water.	Elderly, pregnant women, people with chronic illness
 Community	Jal-Chatras at 3 key spots. Cooling Hub in temple or community hall. Buddy check-ins daily.	Whole community
 Awareness	Wall paintings, WhatsApp groups, street plays on Do's and Don'ts before April.	Whole community

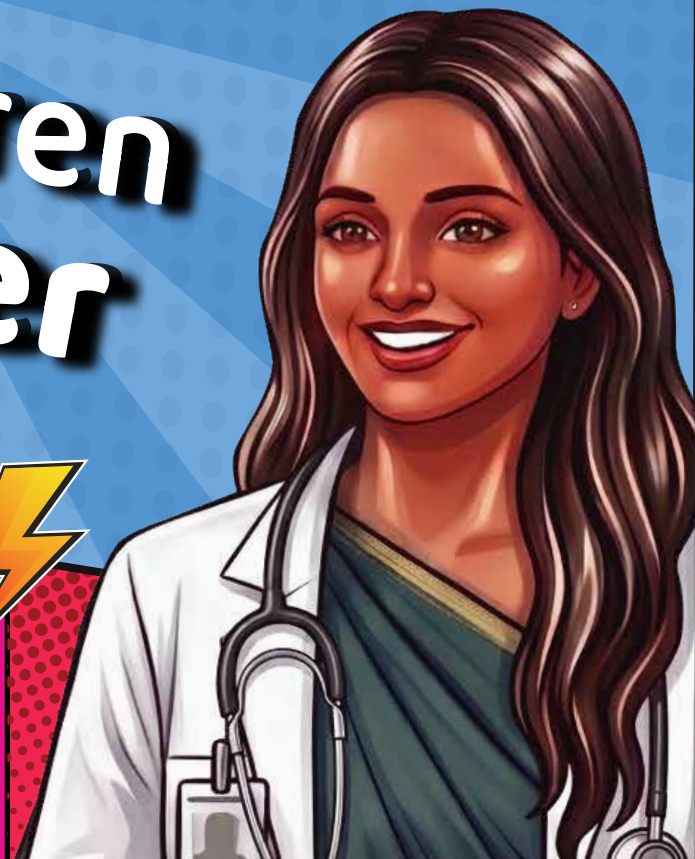
NDMA

Alert System: What Champions Must Do



Alert Level	When It Is Declared	Champion's Actions
 YELLOW (Be Updated)	Heat wave at isolated pockets for 2 days.	Increase visit frequency. Distribute ORS to high-risk households. Remind community about hydration.
 ORANGE (Be Prepared)	Severe heat wave for 2 days; high concern for elderly and children.	Daily visits to all high-risk households. Activate Cooling Hubs. Verify all elders and children are hydrated and cool.
 RED (Take Action)	Extreme heat wave for 2+ continuous days or 6+ total days. Risk of heat stroke in all ages.	Emergency mode: Daily check-ins. Any Red Zone symptoms → start emergency response immediately. Coordinate with ANMs and PHC staff. Activate Jal-Chatras and Cooling Hubs.

Children under 5



CHAMPION ACTIONS



Ensure schools and playgrounds have water and shade.



Encourage breastfeeding frequently- breastmilk provides all the hydration babies under 6 months need.. NO plain water to babies < 6 months.



For babies over 4 months: extreme heat can make mothers less likely to breastfeed exclusively. As temperatures rise, mothers may offer plain water- this can be harmful. Help mothers find a cool, shaded place to breastfeed and stay hydrated themselves.



Keep the baby's room cool and well-ventilated. The baby's body temperature should stay between 36.5°C and 37.5°C (97.7°F–99.5°F).



Bathe the baby regularly in lukewarm water. Dress in light cotton layers — never wrap tightly.



Never leave a baby in a closed vehicle or under direct sunlight.



Watch for warning signs: diarrhoea, vomiting, sudden fainting, excessive crying.

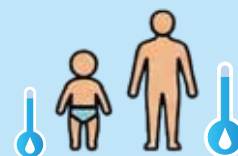


Remove plastic mattress covers; let skin breathe with 'airtime'.



WHY AT RISK

Children lose water 3x faster than adults in hot, humid air.



Cannot always communicate that they are hot or thirsty.



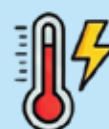
Humidity increases the risk of heat rash and fungal skin infections.



Plastic bedding and heavy diapers trap body heat.



High fever in children can escalate to seizures very quickly.



Elderly Individuals (65+)



WHY AT RISK

- Ageing reduces the ability to sweat and the sensation of thirst.
- Many elderly people stay indoors in poorly ventilated rooms — as dangerous as being outside.
- Blood pressure, heart, and psychiatric medicines impair sweating and accelerate dehydration.
- Often live alone — no one to notice early warning signs.

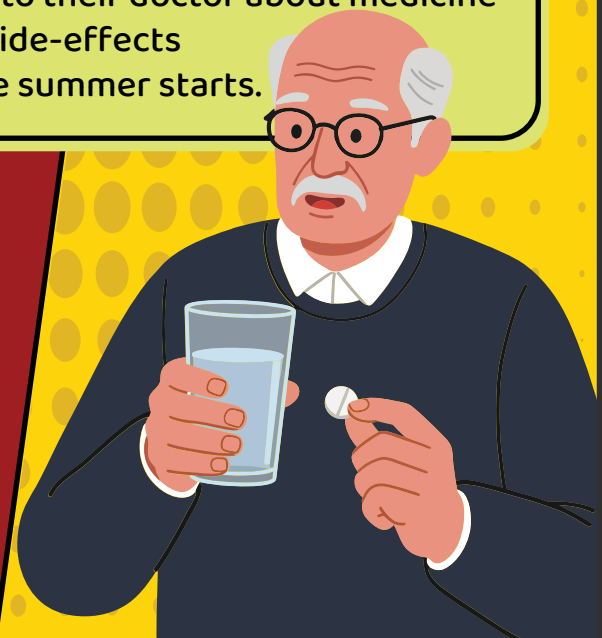
HEALTH PERSPECTIVE — Medications and heat — a hidden risk

Many common medicines taken by elderly people affect the body's ability to cool itself. Diuretics (water pills) cause extra fluid loss. Hypertension Medicine (Beta-blockers) reduce sweating. Antipsychotics impair the body's temperature sensing. This means an elderly person on medication may not sweat, may not feel thirsty, and may not realize they are in danger — all at the same time. Daily Champion visits during heat alerts can be life-saving for this group.



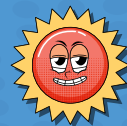
CHAMPION ACTIONS

- Visit them DAILY during a heat alert — check pulse and mental state.
- Enforce the 'Sip-Every-Hour' rule: one cup of water or buttermilk every hour.
- Apply wet towels to neck and wrists to cool the blood flow.
- Ensure cross-ventilation in their room; check that fans are working.
- Talk to their doctor about medicine heat side-effects before summer starts.





Outdoor and Informal Workers



HEALTH PERSPECTIVE — Heat and occupational health for construction workers

Construction workers are one of the highest-risk groups for heat-related illness in India. They face direct sun, heavy physical exertion, limited access to shade and clean water, and social pressure not to stop work. Key health facts:

- Working at $\geq 30^{\circ}\text{C}$ with $\geq 35\%$ humidity and moderate-to-intense physical activity triples the risk of health emergencies.
- Salt lost through sweat is not replaced by plain water — ORS or salty drinks are essential on heavy work days.
- New workers have not yet adjusted to the heat — they are at highest risk in the first week.
- Heat stroke can happen at $34\text{--}35^{\circ}\text{C}$ if humidity is high enough. Temperature alone is not the danger — heat plus humidity is the real threat.



WHY AT RISK

- They produce massive internal heat through heavy labour AND absorb external heat from the sun and hot bitumen.
- Many live in tin-sheet homes — no recovery or rest from heat, even at night.
- Economic pressure means they cannot stop working — even when their body is signalling danger.
- In humid weather, the body loses more salt than usual — plain water alone is not enough.

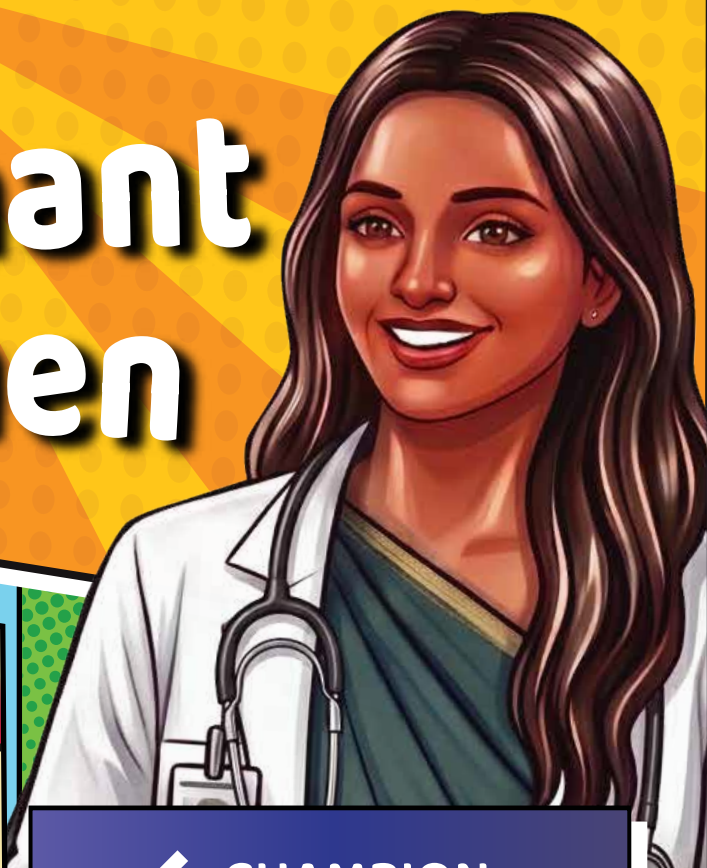


CHAMPION ACTIONS

- Schedule the hardest work before 11 AM or after 4 PM — avoid 12 PM to 3 PM peak heat.
- Mandatory 10-minute shade break after every 30 minutes of outdoor work.
- Carry ORS-fortified water — not just plain water — in humid conditions.
- Use the Buddy System: work in pairs to watch for each other's danger signs.
- Allow 5–7 days of gradual adjustment for new workers or those returning from leave.



Pregnant Women



WHY AT RISK

- Pregnancy raises internal heat and cardiovascular demands significantly- the heart works much harder.
- Extreme heat is linked to early births (preterm), miscarriages, stillbirths, and false labour (Braxton Hicks).
- High humidity makes it nearly impossible for pregnant women to cool down leading to rapid exhaustion and fainting.
- Cooking in a hot kitchen during peak hours is an acute danger.
- Heat in early pregnancy (first 20 weeks) raises the risk of high blood pressure disorders such as gestational hypertension, pre-eclampsia, and gestational diabetes.
- Hot weather can reduce a mother's ability to breastfeed exclusively after delivery- as temperatures rise, mothers often offer plain water to very young babies, which can be harmful. Keeping the mother cool and hydrated protects breastfeeding.
- More miscarriages are recorded during summer months. Antenatal care planning should take the season into account..



CHAMPION ACTIONS

- Avoid cooking between 12 PM and 4 PM.
- Stay in the coolest part of the house during peak sun hours.
- Soak feet in cool water to lower overall body temperature safely.
- Drink at least 1 extra litre of water every day during heat waves.
- Sleep on the left side to improve blood circulation to the baby.
- Monitor baby movements- fewer movements than usual means seek help immediately.
- Seek immediate help from ANM or UPHC if feeling unusual tiredness, dizziness, or no fetal movement.



People with Chronic Illnesses



HEALTH PERSPECTIVE — Common medicines that increase heat risk

Diuretics:

cause fluid and salt loss, increasing dehydration and fainting risk.

Beta-blockers (Atenolol, Metoprolol):

reduce sweating and lower blood pressure, increasing fainting risk.

Antipsychotics (Haloperidol, Olanzapine):

impair sweating and temperature sensing.

NSAIDs (Ibuprofen):

risk of kidney injury when combined with dehydration.

Antihistamines (Citrizine):

reduce sweating and impair temperature regulation.



WHY AT RISK

- Illnesses reduce the body's ability to cope with heat.
- Hypertension medicines (Diuretics, beta-blockers), and antidepressants impair sweating or speed up dehydration.
- They may not feel thirsty even when dangerously dehydrated.
- Heat can destabilize blood sugar levels very rapidly in people with diabetes.



CHAMPION ACTIONS

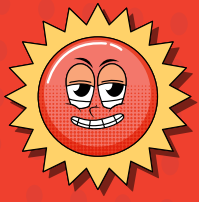
- Remind them to NEVER skip fluids, even if they don't feel thirsty.
- Check urine colour daily: light yellow = good; dark yellow = danger — rehydrate now.
- Stay in the coolest room with working ventilation and a fan.
- Drink chhaas or ORS — not just plain water — to replace lost salts.
- Discuss how medicines react to heat with their doctor before summer starts.



If a community member is on any of these medicines, they need extra daily monitoring during heat waves. Encourage them to discuss adjustments with their doctor before summer.

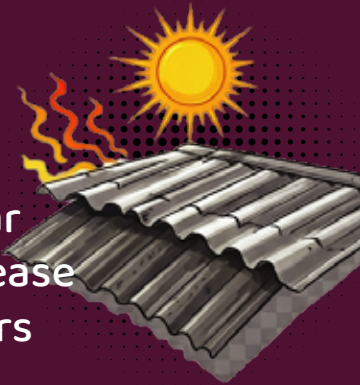


People in Poor and Informal Housing



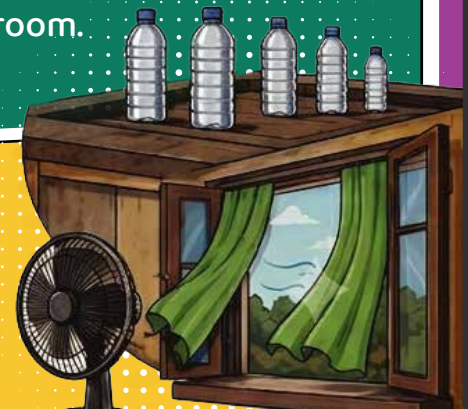
WHY AT RISK

- Tin, plastic, and asbestos-sheet roofs absorb solar radiation and release it as heat for hours after sunset.
- No insulation means indoor temperatures can be 5–8°C hotter than outside.
- No ventilation means humid, stagnant air — the worst conditions for the body.
- No backup cooling (no AC, no cooler, no fan during power cuts) — completely exposed.



CHAMPION ACTIONS

- Help families apply white paint or lime wash to roofs — reduces indoor temp by 2–5°C.
- Show how to hang wet curtains (chaddars) over windows during peak hours (12–4 PM).
- Teach cross-ventilation: open windows on opposite walls to create a 'wind tunnel'.
- Use racks of water-filled bottles on the roof as a low-cost heat barrier.
- Identify the coolest room in the house — often the lowest, most interior room.



**Developed by Chintan
Environmental
Research and Action Group**

Contributors:

Dr. Vikas Kaushal

Aditi Joshi

Bharati Chaturvedi

Ashish Shrivastava

Sushil Kumar Mohanty

Rakhi

About Chintan

Chintan is an environmental research and action group working to build a cleaner, healthier and more climate-resilient future. For over two decades, we have partnered with waste pickers, informal workers, communities, governments and institutions to advance circular economy solutions, improve air quality, and strengthen climate resilience.

We believe the communities most affected by environmental challenges are also at the forefront of the solutions. Through research, policy advocacy and grassroots action, Chintan works to improve health, livelihoods and environmental justice while creating practical, people-centred solutions for a changing climate.

Heat 101 is part of Chintan's efforts to help communities stay safe and healthy as rising temperatures and humidity become an everyday reality.

