

DOS AND DON'TS FOR HEAT WAVE

Tih tur

Mipuiin a zawm tur.

- Khaw chinchang hriat awlsamnan radio, TV leh chanchinbu te chhiar thin tur emaw mobile app. Sik lehsa lam awm te download tur.
- Tui hal loh pawn tui in tam tur. Epilepsy emaw lung, kal emaw thin natna nei techuan mi thiam Doctor rawn hmasak tur a ni.
- Tui tlakchhamlohnan ORS (Oral Rehydration Solution), lassi, torani (rice water), ser tui, buttermilk, coconut tui te in thin tur.
- Cotton tanga siam kawr thawl, zang leh rawng eng lam hak thin tur.
- Pawn a chhuah dawn in lukhum, nihliap, kawr pan te in lukhuh thin tur a ni. Mit ven sunglasses bun tur chuan vun vennan sunscreen in hnawih thin tur.
- khawlum lutuk laka invenna tur pawimawhte zir thin tur a ni.
- Khawlum lutuk vangin kum upa, naupang, damlo leh thau lutuk ten buaina an tawk hma bika, buaipui hmasak thin tur.

Hnathawk tute leh a ruai tute hriat tur:

- Hnathawhna hmun ah tui vawt intur dah thin tur.
- Tui thianghlim, awmhahdamna hmundai, buttermilk, first-aid kits, vur-packsleh ORS (Oral Rehydration Solution) te dah tur a ni.
- Nisa lutuk hnuaiah hnathawh tirloh hram tur.
- Hna hahthlakte chu zing emaw tlai lam ninem hunah thawhtir thin tur.
- Pawn a hna kan thawh tir dawn chuan hahchawlh zin emaw rei deuhhlekk hahchawlh tir thin tur a ni.
- Khawlum lutuk hmunah chuan hna hahthlaklo emaw rei lo tur thawh tir thin tur a ni.
- Nu rai emaw natna benvawn nei an awmchuan ngaihven hmasak thin tur a ni.
- Hnathawktu te khawlum (heat wave) awm tur hrih hriat tur a ni.

Invenna dangte

- Inchhungah a tam thei ang ber awm tur.
- Heat stroke natna lakah purun salad emaw theihai hmin lo chi leh cumin pawlh ei thin hian min vengve thei a ni.
- Hmaizahna (fans), puan hnawng hman thin tur chuan tui vawt a inbual zin hian min tidai thei a ni.
- Tui thianghlim vawt office emaw ina lo kal hnathawkte lo pek thin tur.

- Khawvel lum zel tur vennan vantlang motor (public transport)emaw motor in hmantawm chin tur.
- Khawlum lutuk laiin hnah ro emaw lo hal loh tur.
- Ruah tui khawl uar tur.
- sik leh sa inthlak danglam lutuk tur ven nan bungrua emaw lirthei sik leh sa tibal theilo tur thlan hram tur.
- luhai emaw damlohna nisat vanga nei kan awm chuan Doctor pan vat tur a ni.

Inchhung a lo daih zawk nan

- Nisa em let thei tur rawngvar,inchhung tivawt thei thil bungrua,ventilation hawn thin tur.in chungah buhpawl dah emaw thlaite chin uar tur.
- Tukverh darthlalangah nisa em let thei hman thin tur.
- Inchhung tih vawh tur,parada rawng tak , tukverh darthlalang rawng tak lam ni em let tir thei hman tur,zan lamah tukverh hawn chin tur.Inhnuai lamah awm tam zawk tur a ni.
- In chung,bang rawng hring lam hman a tha.Inchhungah pangpar khawi uar tur.
- Air conditioner 24 degrees emaw a aia sang hret a dah hian electric bill a heh lo a,taksa lum lutuk vanga natna kan tawrhtheihna tur lakah min veng thei a ni.

In thar sak dawn a hriat tur pawimawhte.

- In bang te chu chhah taka siam inchhung a ti vawt thei a ni.
- Bang kua (lattice walls) emaw tukverh frame kua(louvered openings) te hman than tur. Hei hian thlivawt lut tur a pui dawn a ni.
- Chinai emaw chirh bang zut nan hman a tha.
- Darthlalang hman uarloh tur.
- Insak hma in mithiam rawn thin tur.

Nisa vanga dam lo te enkawl dan :

- Dam lo chu luchunga tui leih emaw puan huh a hruk tur.
- ORS emaw ser tui intir tur.
- Damdawiin hnai berah hruai thin tur.
- Taksa lum pup pup, luna ut ut,luhai,chau,luakchhuak emaw awmnaawmllohna neih chuan ambulance koh vat tur a ni.

Tihloh tur te

- Nisat laiin chhuahloh tur a bik tak in chhun dar 12 tanga tlai dar 3 inkar ah chhuah tam loh tur.
- Chhunah pawn lam hna hahtlak thawhloh tur.
- Kelawng in pawn chhuahloh tur.
- Nisat vanglaiin eitur siamloh a tha.kawngkhar leh tukverh hawn thin tur.
- Zu,thingpui,coffee leh carbonated soft drinks ten kan taksa tui awmsa a tihhniam theih avangin in loh tur.
- Protein tam, al leh mom lam eitlem tur.Eitur hingte eiloh tur.
- Lirthei chhungah naupang emaw ran dah loh tur.
- Computer emaw electric bungrua leh bulb lumna pe tam chi hman uarloh a tha.

Loneituten a tih tur lehtihloh tur te:

Tih tur:

- Thlai tui tlem tlem emaw pek zin tur.
- Thlai in thannan a tui an mamawh nasatlai takin pek zin tur a ni.
- Buhpawl ,sarang (polythene) emaw hlo thlawhfaite in thlai bul khuh thin tur.
- Zingkar emaw tlailamah chiah thlai tui pek tur.
- Tui pek nan sprinkler hman tur.
- I awmna hmun ah nisa vanga buaina i tawh fo chuan wind/shelter break hman uar tur.

Ran

Tih tur:

- Ran te chu hmundai ah tlattir tur chuan tui vawt leh thianghlim pek tam a tha.
- Rante chu chhun dar 11 leh tlai 4 in karah hnathawh tir loh tur.
- Ran inchung te chu buhpawl emaw rawng var hnawih emaw vut a zut in inchung a ti dai thei.
- Ran in te chu Fan,tuiphuh thin tur.
- Nisa lutuk laka an lo him nan tui puh emaw ran te chu lui/tui hmun ah hruai thin tur.
- Thlaihring,protein-fat bypass supplement, mineral mixture leh chi te pek thin tur. Khawdaih laiin di peh tir tur.
- Ar-inah ventilation tha emaw parda siamsak tur a ni.

Tihloh tur:

- Chawhnu khawlum laiin ran chaw emaw di peh tir loh tur.