



# SAFETY DURING COLD WAVE

## Follow these simple steps

- Have adequate winter clothing
- Stay indoors as much as possible
- 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
  - Have emergency supplies ready



**Be Smart  
Be Prepared**



National Disaster Management Authority  
Government of India



@NDMA.in



@ndmaIndia



/ndmaIndia



NDMAIndia

Follow us on:

**Call : 011-1078**  
[www.ndma.gov.in](http://www.ndma.gov.in)