



MEDICAL UNIT NIT SRINAGAR WINTER WELLNESS ADVISORY



These Dos and Don'ts should help you stay safe and comfortable during the winter season

Dos:

- **Dress in layers:** Wear multiple layers of clothing (Thermals, Inners, mufflers, sweaters jackets etc) to stay warm and adjust to changing temperatures throughout the day.
- **Use moisturizers:** Keep your skin hydrated with moisturizers to prevent it from becoming dry and itchy in the cold weather.
- **Stay hydrated:** Drink plenty of water and warm beverages to keep yourself hydrated and maintain body temperature.
- **Use appropriate footwear:** Wear appropriate footwear with good grip to prevent slipping on icy pathways and roads.
- **Stay indoors during heavy snowfall:** Avoid unnecessary travel during heavy snowfall to ensure your safety and well-being.
- **Exercise regularly:** Engage in regular physical activities to keep your body warm and maintain good blood circulation.
- **Consume hot meals:** Eat warm and nutritious meals to maintain body warmth and boost your immunity during the cold season.
- **Maintain Hygiene:** Wash your hands frequently to prevent the spread of cold and flu viruses. **Get Vaccinated:** consider getting a flu shot to stay protected.

Don'ts:

- **Don't use Sandals/Slippers:** Avoid wearing Sandals or Slippers during the winter season.
- **Don't ignore warning signs:** Pay attention to weather alerts and warnings issued by local authorities, and don't ignore them.
- **Don't neglect personal hygiene:** Maintain personal hygiene even during the winter season to prevent the spread of illnesses.
- **Don't leave heating equipment unattended:** Avoid leaving heaters unattended and ensure they are placed in safe locations to prevent accidents and fires.
- **Don't overlook road conditions:** Be cautious while driving or walking on slippery roads and pathways during snowy or icy conditions.
- **Don't wear wet clothes:** Avoid wearing wet clothes as they can make you feel colder and may lead to health issues such as hypothermia.
- **Don't use electric appliances carelessly:** Be cautious while using electric appliances and avoid overloading electrical circuits to prevent accidents.
- **Don't ignore your health:** Seek medical attention if you experience any health issues or symptoms related to the cold weather, such as frostbite or hypothermia.
- **Don't take risks:** Avoid taking unnecessary risks during extreme weather conditions and prioritize your safety above all else.

IN CASE OF EMERGENCIES, VISIT CAMPUS MEDICAL UNIT.