th\Â¡mes¯ BtcmKy{]iv\§Ä

1. \nÀÖeoIcWhpw Aë\_Ô {]iv\§fpw

ISp¯ th\enÂ icoc¯nÂ GÂ¡p¶ NqSnsâ ImTn\yhpw tXmXpa\pkcn¨v sNdnb AkzØX IÄ apXÂ acW¯n\v ImcWamtb¡mhp¶ {]iv\§Ähsc D­mImw. 65þhÊnëtaÂ {]mbapÅ hÀ, sNdnbæ«nIÄ, ]pdwtPmenIfnÂ GÀs¸«ncnç¶hÀ, ioXoIcWkwhn[m\anÃm¯ hml\ §Ä HmSnç¶hÀ, {]talw, lrt{ZmKw XpS§n Ømbnbmb tcmKapÅhÀ F¶nhÀ¡v ISp¯ NqSv æSpXÂ {]iv\§Ä krãnçì. ChbnÂ NneXv ho«nÂXs¶ ]cnlcn¡msa¦nepw t\_m[ £bw, XfÀ¨, OÀZn XpS§nbh D­mbmÂ DS³ hnZKv[ NnInÂk tXSWw.



ISp¯ NqSnÂ AanX hnbÀ¸neqsS hÀ[n¨tXmXnÂ icoc¯nse Pemwiw \ãs¸Spì. C¯c ¯nÂ \nÀÖeoIcWw- (dehydration) kw`hnçt¼mÄ XfÀ¨, DZctcmK§Ä, XethZ\, t\{X tcmK§Ä F¶nhbv¡pÅ km[yX æSpì. \nÀÖeoIcWw D­mç¶ {][m\ BtcmKy {]iv\§Ä Xsg¸dbpì.

1. AanX hnbÀ¸neqsS [mcmfw Pehpw ehW§fpw icoc¯nÂ \nìw \ãs¸Sp¶Xv ISp¯ £oW¯nëw XfÀ¨ípw CSbmçì.
2. DjvWIme¯v th­{X AfhnÂ shÅw æSn¡mXnê¶mÂ AXv aq{XhnkÀP\w XSÊs¸Spamdv hr¡Ifntem ap{Xmib¯ntem, bpdoädntem IÃp­mæhmëw XpSÀ¶v aq{Xmib Aé\_m[ípw ImcWamæw. Cu {]iv\§Ä th­ kabv¯v NnInÂkn¡m ¯]£w AXp hr¡IfpsS {]hÀ¯\s¯ \_m[nçhmëw CSbmçw.
3. ISp¯ NqSnÂ aXnbmb AfhnÂ ip²Pew IpSn¡msX hybmaw sN¿pItbm, ]Wn sbSpçItbm sNbvXmÂ icoc Xm]\ne s]s«ì IqSmëw XfÀ¨ Aë`hs¸Smëw CSbmæw (heat exhaustion). hÀ[n¨ hnbÀ¸v D­mæt¼mÄ ico¯nse Pemwiw, ehW §Ä Ch s]s«ì ædbpIbpw t]inIÄ¡v ]ncnapdp¡hpw thZ\bpw Aë`hs¸SpI bpw sN¿pw ( heat cramps). X¡ \S]Sn kzoIcn¡m¯ ]£w icoc `mK§Ä Nph¶p XpSp¡pI, XzIv s]mÅn IpanfIfp­hpI, càk©mcw, \nw^v {ZmhI¯nsâ Hgp¡v, \mUokv]µ\w, càk½À±w IpdbpI XpS§nb e£W§tfmsS KpêXcamb kqcym LmXap­mæIbpw sN¿pì (heat stroke). icoc¯nse Xm]\nb{´W kwhn[m\w ]msS XIcmdnemhp¶p.

icoc¯nÂ A[nIapÅ Xm]w ]pdt¯¡v Ifbm³ amÀKanÃmXmhp¶p. ISp¯ \nÀPeoIcWw kw`hn¡p¶Xn\mÂ tcmKnbpsS B´cmhbh§fpsS {]hÀ¯\w XIcmdnemhp¶p. bqdn³ AS¡apÅ kwhn[m\§Ä BZywXs¶ XIcmdnemhpw. IpSn¡p¶ shÅ¯nÂ\n¶v icoc¯n\v Bhiyamb Pemwiw kzoIcn¡m\pÅ Ignhp \jvSs¸SpIbpw icoc¯nse Xm]\ne {IaoIcn¨p \nÀ¯m\pÅ Xz¡nsâ Ignhv \jvSs¸SpIbpw sN¿p¶p. CXv acW¯në t]mepw CSbmçw.

aZy]À, lrt{ZmKnIÄ, ZoÀLImeambn hnhn[ tcmK§Ä¡v acp¶v Ign¡p¶hÀ, \mev hbÊnÂ XmsgbpÅ Ip«nIÄ,  65\p apIfnÂ {]mbapÅhÀ, A\oanb, icoc`mcw IpdªhÀ XpS §nbhcnÂ kqcymLmX km[yX IqSpXemWv.  A\nb{´nX {]talw, at\mtcmK acp¶pIfpsS ZoÀLIme D]tbmKw Chbpw kqcymLmX km[yX hÀ[n¸nçì.

**{]Yaip{iqj**

XWp¸pÅ CSt¯¡v tcmKnsb DS³ amäpI, hkv{Xw Ab¨nSpItbm amäpItbm sN¿Ww. hfsc XWp¯ shÅw s]mÅteä `mK¯v [mc tImcpI, Ignbpsa¦nÂ XesbmgnsIbpÅ `mKw shÅ¯nÂ Xmgv¯n¸nSn¡pItbm \\ª XpWnsImWvSv BhcWw sN¿pItbm thWw. Xebpw Igp¯pw \\ª XpWn D]tbmKn¨v  BhcWw sN¿pI. hnZKv[ tUmIvSdpsS klmbw e`n¡p¶Xphsc {]Yaip{iqj XpScpI. s]s«¶v ]\n Ipdbm\pÅ Huj[§Ä {]Yaip{iqj bv¡nsS \ÂIcpXv. AXv KpWt¯¡mtfsd tZmjw sNbvtX¡mw.  s]mÅteä Øe¯v HcpXc ¯nepapÅ te]\hpw \S¯cpXv. sFkv I« D]tbmKn¨v XWp¸n¡p¶XnÂ Ipg¸anÃ. Zmlw tXm¶nbmÂ tcmKn¡v IpSn¡m³ ip²Pew \ÂImhp¶XmWv.

**F§s\  t\cnSWw ?**

\nÀÖeoIcWw F§s\ {]Xntcm[n¡mw?

C\n¸dbp¶ ap³ IêXepIÄ kzoIcnt¡­Xmbp­v.

1. [mcmfw ip²Pew IpSn¡pI. IpdªXv 8 ¥mkv shÅw Hcp Znhkw IpSn¡Ww. D¸n« IªnshÅw, D¸n« \mc§mshÅw CSbv¡nsS IpSn¡pIbmsW \ÃXv. càk½ÀZ apÅhÀ C¡mcy¯nÂ tUmÎdpsS A`n{]mbw tXSnbncn¡Ww.
2. aq{X¯nsâ \ndw {i²n¡Ww. sXfnª \nd¯neÃ F¦nÂ IpSn¡p¶ shÅ¯nsâ Afhv t]mcm F¶mWv AÀYw. A§s\ Imé¶ ]£w IqSpXÂ shÅw æSn¡Ww.
3. Nmb, Im¸n, ImÀ\_WnI ]m\nb§Ä XpS§nbh s]s«ì \nÀÖeoIcWap­mçsa¶Xn\mÂ Ch AanXambn D]tbmKn¡mXncn¡pI.
4. icoc¯nse Pemwiw {IamXoXamb \ãs¸Spsa¶Xn\mÂ aZy]m\w ]msS Hgnhm¡Ww
5. ]g§Ä [mcmfw Ign¡Ww. Pemwiw GsdbpÅ X®na¯³, Hmd©v, \mc§, ss]\m¸nÄ, hmg¸gw, ap´ncn XpS§nbh `£W¯n\p ]pdsa [mcmfambn Ign¡Ww
6. ]pd¯v tPmen sN¿p¶hÀ tPmenkabw {IaoIcn¡pI. ChÀ cWvSp aWn¡qÀ IqSpt¼mÄ 24 Hu¬sk¦nepw ip²Pew IpSn¡Ww.
7. I\w IpdªXpw Cfw \nd¯nepÅXpw AbªXpamb hkv{X§Ä [cn¡pI. jÀ«nsâ ssI \nhÀ¯nbnSWw.
8. Xm]\ne DbÀ¶p \nÂ¡p¶ kab¯v ]pd¯nd§p¶Xv Hgnhm¡pI. D¨kab¯v ]pd¯p t]mhpIbmsW¦nÂ ]camh[n XWepÅ Øe§Ä XncsªSp¡pI. sXm¸n, k¬¥mÊpIÄ F¶nh [cn¡pI
9. A[nIw NqSv A\p`hs¸Sp¶ Znhk§fnÂ H¶ne[nIw XhW Ipfn¡pI
10. kvt]mÀSvkv t]mepÅ ]pdw {]hr¯nIÄ¡v AXncmhnsetbm sshIpt¶ctam XncsªSp¡pI
11. t\_m[£bw, XfÀ¨, OÀZn XpS§nb {]iv\§fp­mbmÂ DS³ ASnb´nc NnInÂk e`yamçI
12. kqcymLmXw GäXpaqew DWvSmhp¶ IpanfIÄ s]m«n¡cpXv.
13. {]talw, lrt{ZmKw, hr¡ XIcmÀ XpS§nbhbpÅhÀ tUmIväÀ \nÀt±inç¶ aäv ap³IcpXepIÄ kzoIcnt¡

**NqSnÂ \n¶v c£t\Sm³ kzoIcnt¡WvS ap³IcpXepIÄ:**

I\apÅ Blmc§fpw NqSpÅ `£Whpw icotcmjvamhv hÀ[n¸n¡p¶Xn\mÂ Ah ]camh[n Dt]£n¡pIbpw eLp`£W§Ä Ign¡pIbpw sN¿pI.

]camh[n kabw ]pd¯nd§msX XWp¸pÅ Øe¯v Ign¨pIq«pI. {]tXyIn¨pw Xm]\ne DbÀ¶p \nÂ¡p¶ 10\pw aq¶n\pw CSbnepÅ kab¯v ]pd¯nd§p¶Xv Hgnhm¡pI. kvt]mÀSvkv t]mepÅ ]pdw {]hr¯nIÄ¡v AXncmhnsetbm sshIpt¶ctam XncsªSp¡pI. D¨kab¯v ]pd¯pt]mhp IbmsW¦nÂ ]camh[n XWepÅ Øe§Ä XncsªSp¡pI. sXm¸n, k¬¥mÊpIÄ F¶nh[cn¡pI. k¬ {Iow D]tbmKn¡p¶hÀ shbne¯v Cd§p¶Xn\v 30 an\p«v ap¼v AXv D]tbmKn¡pI.

I\w IpdªXpw Cfw \nd¯nepÅXpw AbªXpamb hkv{X§Ä [cn¡pI. NqSpÅ {]tZi§fnÂ IqSpXÂ kabw Nnehgnt¡WvSnhcp¶ kmlNcy§fnÂ asämcmsf IqsS sImWvSpt]mhm³ {i²n¡pI. kqcyXm]w aqew XeId¡w, XfÀ¨, t\_m[£bw XpS§nb {]iv\§Ä s]s«¶phcm³ km[yXbpÅ Xn\memWnXv.

hymbmaw sN¿p¶hÀ aWn¡qdnÂ cWvSp apXÂ \mephsc ¥mÊv shÅtam asäs´¦nepw ]m\obtam Ign¡pI. Xpd¶ {]tZi§fnÂ h¨v hymbma¯nteÀs¸Sp¶hÀ ]Xps¡ am{Xw Bcw`n¡pI. iàamb InXt¸m £oWtam A\p`hs¸Sp¶ ]£w DS³ hymbmaw aXnbm¡n hn{ian¡pI. \¶mbn shÅw IpSn¡pI.

Ip«nIsf ]mÀ¡v sNbvX hml\¯nÂ Ccp¯n t]mhmXncn¡m³ {i²n¡pI. AIs¯ Xm]\ne s]s«¶v Dbcm\nSbpÅXn\memWnXv.

lrZb kw\_Ônbmb AkpJ§fpÅhÀ, {]mbambhÀ, Ip«nIÄ, {]taltcmKnIÄ XpS§n {]tXyI {i² Bhiyambhsc CSbv¡nsS {i²n¡pIbpw {]iv\§sfm¶pansÃ¶v Dd¸phcp¯pIbpw sN¿pI.