



GOVERNMENT OF TELANGANA

OFFICE OF THE COMMISSIONER OF HEALTH & FAMILY WELFARE AND MISSION DIRECTOR -NHM

Date: 21/05/2026

Daily Summer Health Bulletin

As India Meteorological Department (IMD) Hyderabad has forecasted that No Large change in Maximum temperatures during next 4 days.

The District wise maximum temperatures with Red & Orange alerts are detailed below

Table with 6 columns: District, 21/05/2026, 22/05/2026, 23/05/2026, 24/05/2026, 25/05/2026. Rows list districts like Adilabad, Bkothagudem, Hanumakonda, Hyderabad, Jagtial, Jangaon, JayashankarBhupalapalle, JogulambaGadwal, Kamareddy, Karimnagar, Khammam, KomaramBheem, Mahabubabad, MahabubNagar, Mancherial, Medak, MedchalMalkajiri, Mulugu, Nagarkurnool, Nalgonda, Narayanpet, Nirmal, Nizamabad, Peddapalle, RajannaSiricilla, Rangareddy, SangaReddy, Siddipet, Suryapet, Vikarabad, Wanaparth, Warangal, yadadribhuvanagiri.

In this regard, the following Do's and Don'ts are issued for the citizens of Telangana.

Do's

- **Stay hydrated:**
 - Drink sufficient water as and when possible, even if you are not thirsty. Use Oral Rehydration Solution (ORS) and consume the homemade drinks like lemon water, butter milk / fruit juices / salt – sugar solution (Homemade ORS : One liter of drinking water, six level teaspoons of sugar and half level tea spoon of salt stir well until all components are dissolved).
 - Carry water during the travelling time
 - Eat seasonal fruits and vegetables with high water content like water melon, musk melon, oranges, grapes, pineapples, cucumbers or any other locally available fruits and vegetables.
- **Stay covered:**
 - Wear thin loose cotton garments preferably the light colored ones.
 - Cover your head: By using the umbrella / hat / cap/ towel or any other traditional head gears during exposure to the direct sunlight.
 - Wear shoes or chappals while going out in the sun.
- **Stay indoors as much as possible:**
 - In the well-ventilated and the cool premises
 - Keep the windows and the curtains closed during the day, especially on the sunny side of your house. Open them up at night to let the cool air in.
 - Limit your outdoor activity to the cooler times of the day i.e., morning and evening
 - Open the doors and the windows to ventilate the cooking area adequately
- **Stay alert:**
 - Listen to the radio; watch TV and read the Newspaper for local weather news. Get the latest update of weather on the India Meteorological Department (IMD) website at <https://mausam.imd.gov.in/>

Don'ts

- Avoid going out in the sun, especially between 12:00 noon and 03:00 pm
- Avoid the strenuous activities in the afternoon.
- Do not go out barefoot
- Avoid cooking during the peak hours.
- Avoid consuming alcohol, tea, coffee and carbonated soft drinks or drinks with large amount of sugar as these actually lead to loss of more body-fluid or may cause stomach cramps
- Avoid high-protein, salty, spicy and oily food. Do not eat stale food.

Heat wave Danger signs-

- Nausea and vomiting
- Hot, red and dry skin
- Body temperature $\geq 40^{\circ}\text{C}$ or 104°F
- Throbbing headache
- Anxiety, Dizziness and fainting
- Muscle weakness or cramps
- Rapid heart beat
- Rapid, shallow breathing
- Altered mental sensorium with disorientation: confusion, agitation, irritability, ataxia, seizure and coma

Seek immediate medical attention from the nearby Government Health facilities if any of the above features are observed:

As a part of precautionary measures, the Government has made elaborate arrangements by providing the Special beds, I.V fluids, essential medicines at all the public health facilities and ORS sachets are made available with ANMs / ASHAs / Anganwadi workers to meet any exigencies.

CHFW & MD-NHM



జాతీయ వాతావరణ మార్పు మరియు మానవ ఆరోగ్య కార్యక్రమము



తెలంగాణ ప్రభుత్వము

వడదెబ్బనుండి రక్షించుకుందాం



(Do's) చేయవలసినవి



సరిపడ నీరు త్రాగడం



సూర్యరశ్మి నేరుగా పడకుండా జాగ్రత్త వహించడం



మధ్యాహ్నం 12 నుండి 4 గంటల మధ్య ఇంటిలోనే ఉండడం

(Don'ts) చేయకూడనివి



మధ్యాహ్నం 12 నుండి 4 గంటల మధ్య బయటకు వెళ్ళడం



ఎండలో పనిచేయడం మరియు ఆటలాడటం



నిలిపి ఉంచిన వాహనాలలో పెల్లలు, పెంపుడు జంతువులను వదలడం



ఆల్కహాల్, టీ, కాఫీ, స్వీట్స్, చల్లని డ్రింక్స్ తీసుకోవడం



మధ్యాహ్నం 2 నుండి 4 గంటల మధ్య వంట చేయడం



చెప్పులు లేకుండా బయట నడవడం

లక్షణాలు



శరీర ఉష్ణోగ్రత 40.5°C లేదా అంతకన్నా ఎక్కువ కావడం



అధిక చెమట, దాహం



మగత, బలహీనత, తల తిప్పడం



కండరాలు పట్టేయడం

వడదెబ్బ లక్షణాలు కనిపించినట్లయితే వెంటనే సమీప ఆరోగ్య కేంద్రం లేదా 108 కు ఫోన్ చేయండి

కమీషనర్, ఆరోగ్య & కుటుంబ సంక్షేమ శాఖ మరియు మిషన్ డైరెక్టర్ NHM, తెలంగాణ ప్రభుత్వము

