

# Be Winter Ready

## 5 TIPS FOR MAINTAINING HEALTH AND WELL-BEING DURING WINTER SEASON

1

### SMOG

Stay informed about air quality, and wear a mask. Avoid outdoor physical activity during early mornings and late evenings when air pollution levels are the worst.



2

### FROSTBITE/HYPOTHERMIA

They are conditions caused by extreme cold. It is crucial to dress in layers and avoid prolonged exposure to cold. Seek medical attention immediately if you notice unusual symptoms after being exposed to extreme cold temperatures for a long time.



3

### MENTAL HEALTH

Winters can also impact your mental health in multiple ways. You can meditate, indulge in hobbies, take warm showers, limit screen time before going to bed. This will help you boost your mood.



4

### PHYSICAL HEALTH

Indulge in physical activities indoors for limited time to maintain blood circulation, keep your body warm and maintain a healthy sleep cycle. For example : yoga- 30 mins, walk- 30 mins, household chores- 30 mins, play with your kids, pets.



5

### HYDRATION

Hydration during winters can help you maintain a healthy body temperature and keep diseases and skin-related issues away. Drink lukewarm water and warm beverages regularly. Limit coffee, tea, alcohol, and other substances. Always carry a water bottle when you are out.



## TAKE ACTION. GET HELP:

Winter brings an increase in respiratory and cold-related illnesses. Smog and cold waves in India can exacerbate health conditions such as:

### Diseases

Common health conditions that can aggravate during winters include:

**Cold/Flu, Allergies, Asthma, Bronchitis, Strep throat, Pneumonia, Hypothermia, Chronic conditions, Skin allergies, Joint and Muscle pain**



### Symptoms

Be alert and monitor common symptoms associated with these conditions, which may include:

**Difficulty breathing, Persistent cough, Chest tightness, Fever and chills, Wheezing**



### Action

If you or your loved ones experience severe symptoms that persist for more than three days, take the following steps:

- ✂ Visit the nearest **Primary Care Provider** or reach out to an **ASHA worker** for guidance.
- ✂ Keep warm and hydrated to support your immune system.
- ✂ Follow medication and treatment prescribed by your primary care provider to prevent complications.
- ✂ Maintain good hygiene practices, such as regular hand washing, to reduce the risk of infections.



## PRIORITIZE TO PROTECT



Elderly



Infants & Young Children



Pregnant Women



Immuno-compromised individuals (NCDs, HIV, Tb and others)



Outdoor Workers: Street Vendors, Construction Workers, & Agricultural Laborers



People with Disability



Homeless & Economically Disadvantaged Populations



If you belong to any of these groups or know someone who does, take extra precautions and ensure they are prepared for the cold wave and smog.

For more information, you can refer to our "Wellbeing in Winter" advisory from our website: <https://swasti.org/climate-x-health> or reach out us at [contactus@catalysts.org](mailto:contactus@catalysts.org)

**REMEMBER, PREPAREDNESS IS KEY**

In consultation with  
Department of  
Community & Family  
Medicine, AIIMS Bathinda

