

**OFFICE OF THE MEDICAL OFFICER
NATIONAL INSTITUTE OF TECHNOLOGY**

PREPARING FOR COLD WEATHER

INSTRUCTIONS TO BE FOLLOWED BY STUDENTS:

- Wear multiple loose fitting layers
- Stay dry and wear water proof clothes and boots
- Wear a hat:40% of body heat is lost through head
- Stay hydrated
- Wear gloves and scarf: fingers, ears, nose and toes are most susceptible to frost bite.
- Know symptoms of hypothermia: confusion, dizziness, exhaustion and severe shivering.
- Know frostbite signs: numbness flushed grey, white or yellow discoloration of skin.
- Never use grills, stoves or any outdoor devices indoor.
- Turn off the heaters before going to bed.
- Use devices approved for indoor use and ensure they are properly vented to prevent carbon monoxide poisoning and fires.
- Any student experiencing symptoms of respiratory tract infection like; running nose, fever, sore throat, difficulty in breathing is directed to report medical unit.
- Any students with Asthma, COPD, Active Tuberculosis or previous history of Tuberculosis are directed to report medical unit to get additional information about precautions to be taken.

For any kind of Emergency Contact MEDICAL UNIT.