

DIWALI NEWSLETTER

From the Doctor's desk



While Diwali is a time to rejoice and bond with your loved ones, ensuring their safety is also important. Here are some important tips to help you stay safe during the festival

Diwali, the festival of lights, is the time of the year when there is a palpable sense of merriment in homes, offices, and communities. Associated with lights, rangolis, sparklers, delicious food, and family bonding, the festival is also a time when the safety and security of your family members and your house can be a concern. You must ensure that everyone enjoys the festivities wholeheartedly but also, safely.

1. Lamps/diyas: Diwali is the time when our homes are lit with the glow of beautiful earthen lamps. While they bring brightness into our lives, diyas can also lead to fires. So, ensure that you and your family are protected from fire-related accidents.

What you can do:

- Make sure you keep the lamps away from curtains and other inflammable objects.
- Avoid lighting diyas or candles near electrical wiring.
- Place lamps on the ground or a flat surface so that they stand firm.
- Keep kids away from diyas, so that they do not accidentally burn themselves.
- Ensure babies and toddlers do not go near the lit diyas or touch them.
- Keep doorways clear, so that children don't trip on diyas, fall, and hurt themselves.

2. Firecrackers: Firecrackers are a big part of Diwali celebrations, especially when you have teenagers and children in the family. However, firecrackers can lead to accidents if not handled properly.

What you can do:

- Avoid firecrackers, especially ones that emit a lot of noise.
- Buy firecrackers from reputed companies and stores to ensure that they are of good quality.
- Explain to your children that they must burn firecrackers only under adult supervision.
- Light one firecracker at a time to avoid chaos. Burst the firecracker in open spaces and under open skies.
- Do not light firecrackers near electric wires or poles.
- Don't be adventurous around firecrackers and never get too close while igniting them.
- Keep a bucket of water handy, in case there is an accident.
- Be alert and take precautions while bursting or watching fireworks. Make sure your children follow suit.

3. Clothing: Who does not like to dress up for an occasion like Diwali? Parents tend to dress their children too in the latest trends. However, dressing up in a sensible manner while bursting crackers is important for you.

we wish you and your family a very
Happy Diwali



What you can do:

- Avoid wearing clothes made of synthetic materials, as these can catch fire easily.
- Stick to wearing cotton clothes that are not loose or flowing.
- Dress up your children in comfortable cotton clothes; try to clothe them fully.
- Tie your and your children's hair firmly to avoid any mishaps.

4. Food safety: Diwali is a time for lip-smacking food. However, due to the spike in demand during festivals, there may be a decline in the quality of food sold.

What you can do:

- Buy sweets and other special items from reputed stores and shops that take care to maintain quality.
- Ensure that everyone, especially children, wash their hands before eating or touching any food.
- Avoid street food as much as possible. Always keep your food covered.

5. Surroundings check: Children can be notorious and they tend to throw or leave different things at the bay. Hence it becomes important to check that everything is at its place. It is important to keep crackers, lighting and flammable obstacles away from children at most times. The area where all these diwali items are kept need to be in a airy and safe environment.

What you can do:

- To prevent any unwanted happening, it is always better to keep a bucket of water ready on the diwali. This is because we have noticed a number of cases where children or adults get burns while bursting crackers or because of oil lamps, etc.
- Keeping that bucket of water can prevent serious burns or problems which could posses threat to health.

First Aid Kit for Diwali

To ensure that right and immediate first aid is provided to the victim, here are a few things you can add to a first aid kit and keep it in your reach while you celebrate the festival.

- Coldwater and/or cold compress
- Moisturising lotion with skin treating ingredients like aloe vera
- Bandage
- Sterile gauze
- OTC pain relief

Steps to give first aid for minor burns

- If someone suffers from a minor burn, keep the affected area under running cold water, or apply a cold compress to the area.
- Apply moisturising lotion on the affected area, which will help to avoid drying of the skin. This will also reduce the chances of the formation of blisters.
- Apply a sterile gauze and loosely tie a bandage on the affected area.

Tips to manage/prevent minor burns

- Remove any jewellery, rings, bracelets, etc, that may be on or around the affected area.
- Do not crowd over the victim, let him/her breathe.
- Give him/her an OTC pain killer if the pain due to the burn does not subside.
- Do not prick or puncture any blisters if they have formed.
- Do not wear clothes made with materials that can easily catch fire.
- Ensure that there are no loose fabrics like dupatta, scarves, etc, around your neck and waist when you are bursting firecrackers.
- Follow instructions on firecrackers.
- Ensure everyone in the house knows the location of the first aid kit so that they can reach for it in cases of emergency.

Disclaimer: Tips and suggestions mentioned in the article are for general information purposes only and should not be construed as professional medical advice. Always consult your doctor or a professional healthcare provider if you have any specific questions about any medical matter.

Issued in the interest & safety of public by:

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