

## **Gorom hawa karoneh kuriboleh aru nukuribo khan**

### **Kuriboleh**

#### **Sop karoneh**

- Radio hunibi, TV sabi, Newspaper puribi nahoileh mobile app khan parah hawa pani khobor lobi.
- Pani bishi khabi- piyas nalaghilibi. Khon manu khan epilepsy nahoileh heart, kidney nahoileh liver bimar khan fluid-restricted diets teh ase nahoileh fluid retention lagah diktar ase, etu manu khan pani khaboleh karoneh doctor logoteh alusnah kuribi.
- Nijor gao teh pani thik thakibo (hydrated) karoneh ORS (Oral Rehydration Solution), ghor teh bona drinks khan lassi, torani (chawal pani), lemon pani, buttermilk, coconut pani nishinah khabi.
- Halka, dhila, ujala color aru cotton kabra khan cholabi.
- Bahar ula somoi teh matha toh bon kuribi: Kabra, tupi nahoileh chata cholabi. Suku bachaboleh dhup chasma lagabi aru chamra karoneh sunscreen cholabi.
- First aid karoneh training luilobi.
- Bura buri, bacha, bimar aru gao ojon bishi thaka manu khan keh hi goroom hawa parah pohilah lagibo pareh. Etu karoneh etu takhan keh bhal parah sabo lageh.

#### **Kam kurah manu khan**

- Kam kuria jagah teh kaboleh thanda pani thakibo lageh.
- Kam kuria sop manu keh resting shade, sapha pani, buttermilk, first-aid kits with ice-packs aru ORS (Oral Rehydration Solution) dibo lageh.
- Dhup shida noloboh karoneh, kam kura manu keh samjabo lageh.
- Bahar teh kam kurah somoi teh, olop lamba aru bhal parah aram kurighenah hi kam kuribi.
- Goroom jagah teh notun kam kurah manu khan keh halka kam dibi aru komti ghonta karoneh kam dibi.
- Bacha bukhithaka ama aru medical condition thaka kam kurah manu khan keh alag parah bhal parah sabo lageh.
- Kam kuria manu keh hawa goroom lagah khobor dibi.

#### **Jankari kunba**

- Pariadhak ghor pitor tae hei takhibi.

- Heat stroke parah apni pachibo karoneh etu khan kabo pariboh – piyas salad, kaccha aam nimok aru cumin logotae.
- Goroom parah arram pabo karoneh, fan cholabi aru hudai gosol koribi.
- Apni lagah ghor aru office tae saman bikheri gora manu khan aheleh, pani kaboleh dibi.
- Hawa pani khan bishi goroom nohoboh karoneh, public transport para paradhak pirabi aru gari tae ekela nohoi khena milai khena pirabi.
- Pata sukha, kheti, jongol aru letera khan paradhak nucholabi.
- Pani takah jagah khan murom parah rakhibi/pachabi. Borokhon khan toh jamah kurikhena rakhibi.
- Power bishi nuchola lagah electric saman khan hei cholabi aru fuel bi pal hei cholabi.
- Apni mata kurai/ bikai leh, jolti doctor logotae alusnah kuribi nahoileh kunba tae request kuribi apni tae doctor logotae luichabo karoneh.

### **Ghor thanda rakhibo karoneh**

- Ghor thanda rakhibo karoneh, solar reflective white paint, cool roof technology, ghor tae ventilation khan pal para dibi. Ghor lagah opor tae kher khan rakhibi nahoileh ghas/ sobji khan ghor opor tae lagabi.
- Goroom hawa khan room pitor tae nahiboh karoneh, window khan tae temporary reflector khan lagabi like aluminium foil – covered cardboard.
- Apni lagah room khan thanda rakhiboh karoneh, window curtain khan dark shade tae cholabi, window glass toh transparent narakhibi. Rati tae toh windows khan kulla rakhibi. Apni lagah ghor toh storey building hoileh paradhak niche floor tae takhibi.
- Ghor thina green, walls khan green aru ghor pitor tae indoor plants khan rakhele rooms khan thanda takiboh, enika hoileh air condition khan bi eman toh cholaboh leh kham nohoboh.
- AC lagah temperature tho 24 degree naholeh etu lagah opor tae hei rakhibi, enika hoileh electricity bill bi komti ahiboh aru apni lagah health bi eman biyah nohobo.

### **Nuton ghor phuna somoi tae**

- Hudai chola lagah normal wall nohoi khena, cavity wall technology toh cholabi.
- Wall toh mosto bonabi, enika hoileh rooms khan thanda takiboh.
- Natural saman khan hei cholabi like chuna, mati walls tae lagaboh karoneh.
- Paradhak glass khan nuchalobi.

- Apni khan ghor khan nuponah agotae, building technology expert logotae alusnah kuribi.

### **Manu sunstroke huileh ki treatment kuriboleh laghe**

- Kabra bicha cholabi/ pani etu manu lagah matah tae talibi.
- Etu manu tae ORS kelabi/ lemon pani dibi nohoileh kushi juice/pani debi body rehydrate kuriboh karoneh.
- Etu bichedeh etu manu tae cholti osor ekta health centre tae lujjabi.
- Body temperature bishi hoileh, mata pikai takheleh, mata koraileh, tagot nateh kheleh, ambulance mati lobi.

### **Nukoriboh khan**

- Pahar tae bishi nachabi especially 12:00 to 3:00 pm machotae.
- Din tae apni pahar tae takah somoi tae, bishi dhuk lagah kham khan nukoribi.
- Teng kali niparabi, chappal nuhoileh bi chuta tho lagabi.
- Kitchen tae ventilation khan thik parah rakhibi.
- Protein bishi takah saman, nimok, spicy nahoileh tel saman khan paradhak komti kuribi.
- Motu, chai, coffee aru carbonated soft drinks khan nakabi, etu para body dehydrate kuriteh.
- Gari parked khan lagah pitor teh bachha aru pet animals khan ekelah nacharibi.

## **Bishi goroom howa somoi tae kuriboleh aru nukuribo khan agriculture tae**

### **Kuribo khan**

- Kheti tae sobji khan tae pani toh olop olop hudai di takibi.
- Sobji khan phool dura nahoileh goti dura somoi tae toh pani tiya toh olop bishi kuribi.
- Sobji khan laga jagah tae mati tae pani cholti nusokiboh karoneh, mati lagah opor tae pata biyah khan, straw or polythene khan lagabi.
- Pani toh sam aru morning tae hei dibi.
- Sprinkler irrigation cholabi.
- Apni lagah jagah khan tae thanda bishi huikoileh, wind/shelterbreaks/alley crops khan lagabi.

## **Janwar karoneh**

### **Kuribo khan**

- Janwar khan jayah tae rakhibi aru pariadhak pani sabah hudai khelabi.
- Janwar khan paradhak 11am para 4 pm machotae pahar tae kham kuriboh nedhibi.
- Janwar lagah ghor thanda rakhibo karoneh, ghor thinaa toh straw cholabi/ pukha colour para maribi, guru paikhena para plaster kuridibi.
- Janwar lagah ghor teh fans cholabi/ pani sprays kuribi.
- Bishi goroom somoi tae, guru khan tae pani spray kuribi aru osor tae nuti khan takheleh luichabi.
- Guru khan tae green grass, protein fat bypass supplement, mineral mixture aru nimok dibi. Thanda somoi tae pahar tae grass kaboh debi.
- Murgi lagah ghor tae curtain khan cholabi aru ventilation khan pal para bonabi.

### **Nukoriboh khan**

- Guru khan tae paradhak din tae toh pahar tae grass khan kabo nedhibi