

WEATHER REPORT

Chilly winds make a comeback



■ The Met department said Delhiites will get respite from the cold only next week.

M ZHAZO/HT PHOTO

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NEW DELHI: Cold winds greeted Delhiites on Wednesday morning with the maximum temperature only touching 19 degree Celsius, three degrees below normal. The minimum was 8.5 degree Celsius.

With the clear weather, the weatherman has predicted that night temperature will go down by a couple of degrees in the coming days.

"The sky was clear on Wednesday and it will remain so for the next couple of days. This will lead to the fall in the night temperature," said a senior met official at the Indian meteorological department.

The met department has also predicted ground frost to occur at a few places over Haryana, Punjab, Rajasthan and Uttar Pradesh during the next two nights which will keep the

Capital cold through the week. But the Capital will start getting warmer from next week as western disturbances have been predicted, according to the met department.

"It suddenly turned colder on Wednesday morning with chilly winds. But it again became warm in the afternoon. The unusual weather has made me sick," said Shreya Sherawat, a Delhiite.

The mornings are expected to be misty and there are chances of shallow to moderate fog at the airport due to windy conditions.

"Cold wave to severe cold wave conditions is prevailing over many places in Punjab and Rajasthan and at isolated pockets of Haryana, which has reflected sharply in the Capital's climate. They are likely to continue during the next two days and extend into some more parts of the region," the officer added.

Viral influenza on the rise, take precautions

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NEW DELHI: Don't be fooled by the weather — winter is still on. This is the advice doctors are giving after there has been a sudden spurt in cases of viral influenza.

Cold mornings, warm afternoons and windy nights fool people into believing that the cold is over. But hospitals and clinics have been increasingly getting cases of high fever, cough, runny nose, body ache — all common symptoms of viral influenza.

"Kids must be properly clad while going to school early in the morning or while playing outdoors," said Dr Anupam Sibal, senior consultant, paediatrics, Apollo Hospital.

"I see more than 20 people with viral symptoms every day, double the number from about a week ago. Most are down with various forms of respiratory tract infection," said Dr SP Byotra, head of department of medicine, Sir Ganga Ram Hospital.

"It starts with sneezing and soon develops into cold, cough, etc. The change in weather is proving to be a fertile ground for viruses and bacteria to grow and spread rapidly," he added.

A pulmonologist at the All India Institute of Medical Sciences said, "Children, pregnant women and older people are most prone to getting infect-

FOLLOW THESE STEPS



Don't ditch the woolens just yet. Step out in your warm clothes.



Avoid crowded places to avoid getting infected.



Cover your nose and mouth with a handkerchief while sneezing.



Wash hands frequently, especially before eating or cooking.



■ Carry a hand sanitizer and use it if you don't have access to water and soap.



■ Avoid touching your eyes, nose and mouth in public places

ed because they have lower immunity. They should visit a doctor at the first sign of chest infection."

Asthmatics must also carry an inhaler with them all the time, doctors advised.

Viral infections are self-limiting and it takes about a week to subside. However, since every bout of fever dehydrates you, doctors advise people to consume huge amounts of water.